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magazine

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FROM GARRY TONON

PLUS

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- Should You Wear A Rash Guard?
- Improve with Squats
- Focusing Your Focus
- Nut Butter Breakdown

October 2015 Issue 37

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ON THE COVER:
Garry Tonon gets us in the mood to get our knees broken. Photo: Jason Boulanger

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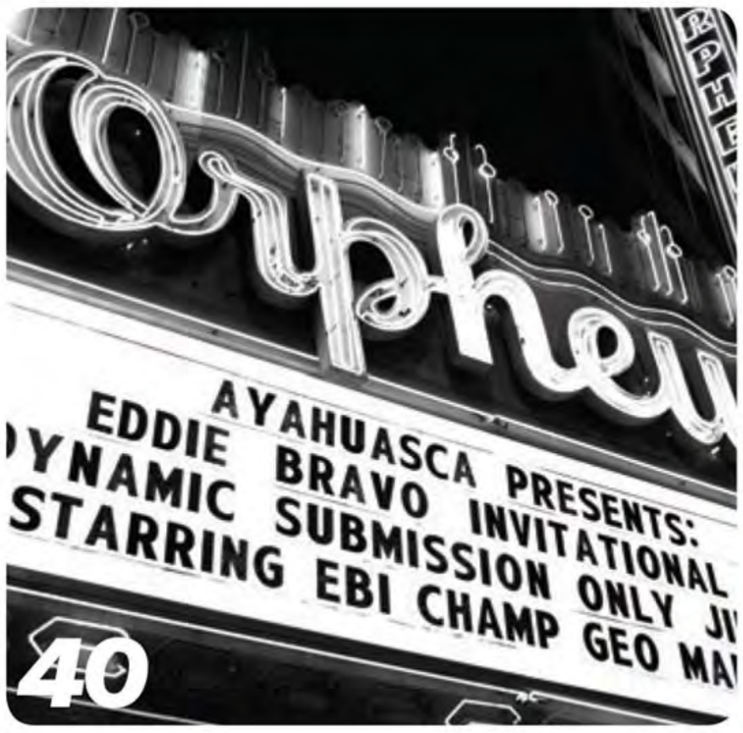

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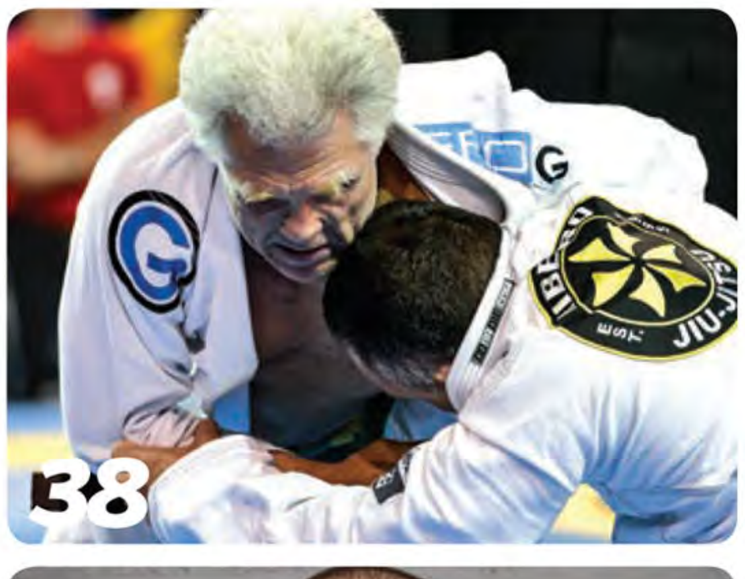
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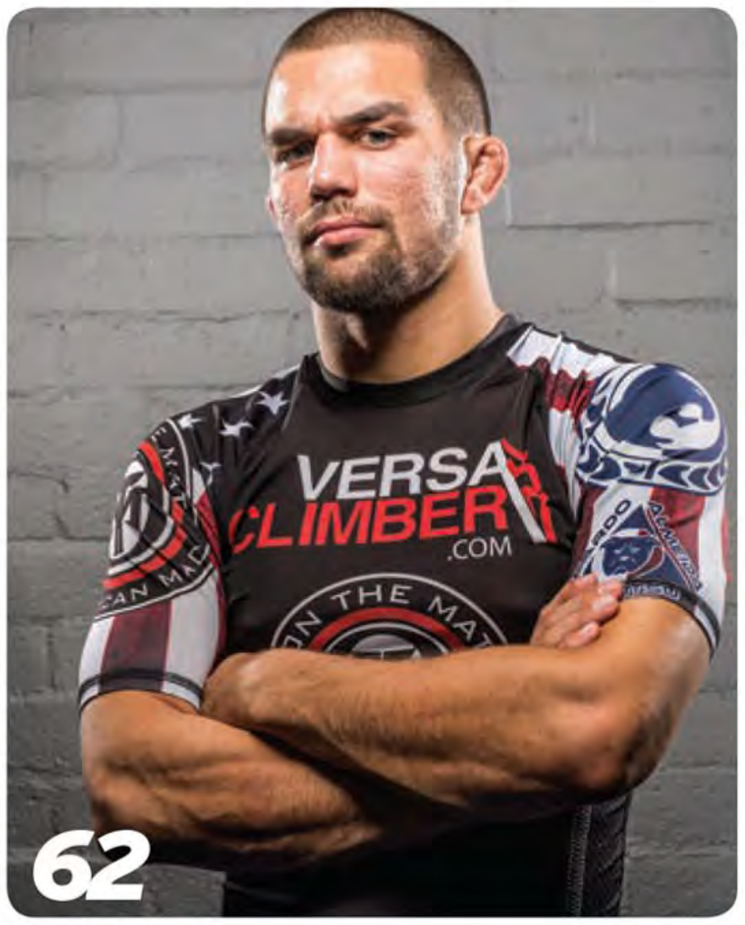
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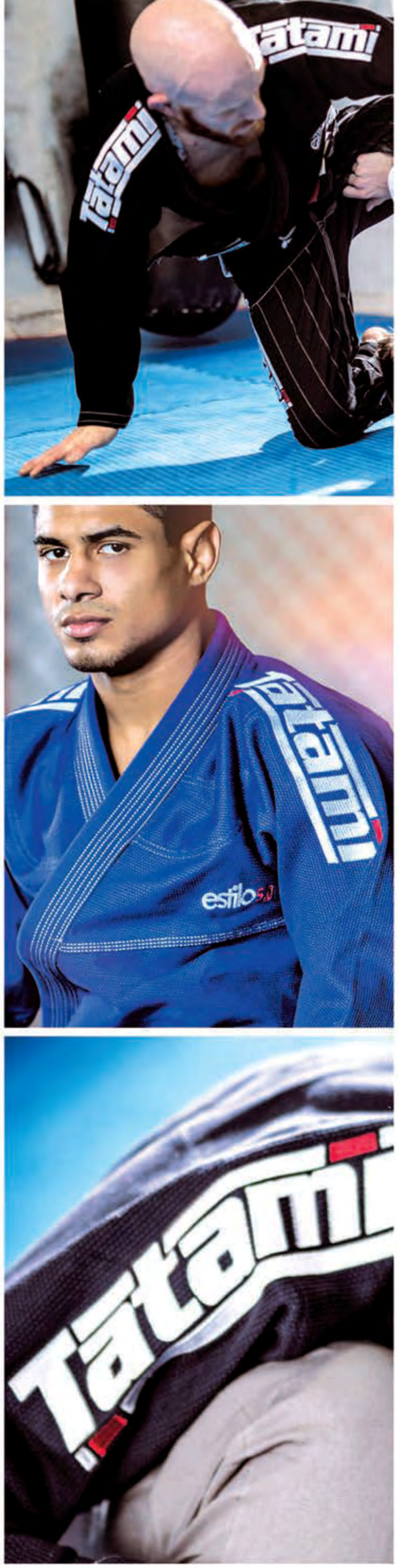
Is a purple belt under Sonny Achille. In addition to owning Artechoke Media, Marshal is the author of books like The Cauliflower Chronicles and Marcelo Garcia's Advanced Jiu-Jitsu Techniques. His latest project is **WhiteBeltProblems.com**, a free open-source resource devoted to making jiu-jitsu more accessible for beginners.



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THANK HEAVEN FOR LITTLE GIRLS

I REMEMBER WHEN MY WIFE AND I WERE EXPECTING OUR FIRST-BORN CHILD. I didn't want to admit it, but I was secretly rooting for a boy. I think this is natural for most men. When the doctor told us it was a girl, the disappointment lasted for about 2 whole seconds. Just a few months before, my family had suffered a tremendous loss, my 6-year-old niece and Goddaughter, succumbed to an aggressive brain tumor. On the day my daughter was born, I felt that another beautiful little girl was meant to be in my life. Fast-forward 16 years to present day, even though my daughter's about to get her license, she's still my baby. Fathers of daughters will know exactly what I mean. When I go to class or a tournament, I'm so happy to see more and more girls and women involved in jiu-jitsu. I'm always excited to see new faces, and at the same time, my protective father/brother/uncle/son gene kicks in. More women and girls in jiu-jitsu means more of them will be better prepared to defend themselves in life should the need arise. The world is a dangerous place, bad things happen. Anyone, boy or girl, man or woman, who's involved in jiu-jitsu for any length of time, increases their odds of survival should something bad happen. Whether the benefit is simple situational awareness, exuding confidence, or actual physical technique that might need to be used for protection and/or escape; anything that might give anyone a better shot of sleeping comfortably in their own bed that night is a good thing. By that same logic, I believe that anything that might give a woman or girl pause from joining a jiu-jitsu school in the first place is a bad thing. I appreciate the female form, however, due to the physical nature of jiu-jitsu and the lack of any personal space, I think it's important that jiu-jitsu culture remain inviting to everyone. I hope that our community as a whole will recognize this belief and keep that in mind. It would be a tragedy if some bad act occurred (that might have been prevented) because a female chose not to sign up for a jiu-jitsu class for fear of being made uncomfortable. Let's keep jiu-jitsu inviting and friendly to everyone.

Keep Rolling,

MIKE VELEZ
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jiu-jitsu magazine

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NATIONAL/INTERNATIONAL NEWSSTAND DISTRIBUTION
The Curtis Circulation Company

Jiu-Jitsu Magazine (ISSN 2157-6173) is a publication of Recon Media Inc. Phone: 877.834.3552; Fax: 909.517.1601 email: subs@jiujitsumag.com. Subscription rates are $39.99 for 12 issues (1 year), $59.99 per year Canada, and $99.99 per year for foreign airmail.
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Jiu-Jitsu Magazine (ISSN2157-6173) is published monthly by Recon Media Inc., 3857 Schaefer Avenue # D, Chino, CA 91710. Periodicals Postage Paid at Chino, CA and additional mailing offices. POSTMASTER: Send address changes to iu-Jitsu Magazine, PO Box 2405, Chino hill, CA 91709

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Yuri Simoes
2014 Double Gold
NoGi World Champion

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ROLLING ON TOP OF THE WORLD

LITERALLY, WELL ALMOST. Check out these photos sent to us by Arlo Gagestein. Arlo and four friends decided to compete in the first ever Summit and Submit tournament, high in the mountains of Utah. Not only was it a round robin submission-only jiu-jitsu tournament at 11,500 feet elevation, but it also included other physical challenges as well. Arlo's group hiked 10 miles into the High Uintas fully loaded with packs, gi's and most importantly – mats! Grappling at that elevation meant oxygen was hard to come by. You haven't really experienced knee on belly until you've had it done to you above 11,000 feet! To read more about their adventure, check out the entire blog post at: http://bit.ly/1VOhRWJ

Want to see more of the Manto Victory Gi turn to pages 44-57.

Ancient Art Meets Modern Design

Fuji's Japanese roots are on display once again with their newest product releases, the Sakana and Mushashi board shorts. The Sakana board shorts feature traditional Japanese design elements, while the Musahi board shorts are a tribute to the famed samurai Miyamoto Mushashi. Both shorts are ideal for submission grappling of any type; they're made of 4-way stretch performance fabric, and feature an inside drawstring along with a Velcro waistband enclosure. The 4" side slits have no seam and there's even an inside pocket for a mouth guard between rolls. Fuji's known for value and that holds true with these shorts, they're both available for $54.95 each.

www.fujisports.com

Victory is Mine! – Manto's Victory Gi

Manto produces some of the best quality jiu-jitsu gear in the market. Its "Victory" gi is no exception. Using a 450g/sm pearl weave, the gi provides its owners with a comfortable and durable gi that anyone can appreciate. Designed to be used in competition, this gi offers reinforced stitching in the lapels and knees. Feel free to try your most advanced moves in this gi. Beginners should be aware that this gi wasn't designed with them in mind.

www.mantousa.com

How Much Does a **Black Belt Cost?**

THE ANSWER TO THIS QUESTION WILL VARY BETWEEN DIFFERENT PEOPLE, AS THE ROAD TO A BLACK BELT IS DIFFERENT FOR EVERYONE. We estimated that an average dedicated practitioner would take approximately 7 years to obtain a black belt, would purchase at least one new gi every year, and attend two seminars (averaging $75/each). We also factored in an estimate of doctor visits when you get injured.

7 years of training time to **Black Belt**

Enrollment
$150 per month = $1800 a year for 7 years
$12,600

Gear
1 New Gi per year at $180 per gi
$1260

Seminars
$75 each, twice a year, for 7 years
$1050

Doctor Visits
Doctor co-pays every time you get injured $20 per visit, 3 times a year, for 7 years
$420

Jiu-Jitsu Mag Subscription
84 issues: $40 per year for 7 years
(Three, 2-year subscriptions with a free shirt at $74.99, plus one, 1-year subscription at $39.99)
$264.96

Total
$15,594.96

By our calculations, the average person will spend approximately $15,000-$16,000 to obtain a black belt. This is also a conservative estimate, as we have not taken into account travel costs, tournaments, etc. It also doesn't account for any possible opportunity costs or potential benefits received from an alternate activity. When put in a financial perspective, it provides food for thought. Many people who have their black belts will tell you, however, that it was well worth it, and that they wouldn't trade it for anything in the world.

VINNY CHOOSES ZENITH

Vinny Magalheas is now part of Zenith BJJ, which is headed up by Robert Drysdale and Rodrigo Cavaca. An accomplished grappler, who's an ADCC champion and a NoGi champion at black belt, he actually holds wins against his new teammates. Vinny lives and trains in Las Vegas. After a couple losses in the UFC, Vinny will be squaring up against UFC veteran Matt Hamill at the World Series of Fighting 24 event this October.

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Getting the Third Degree with Kyra

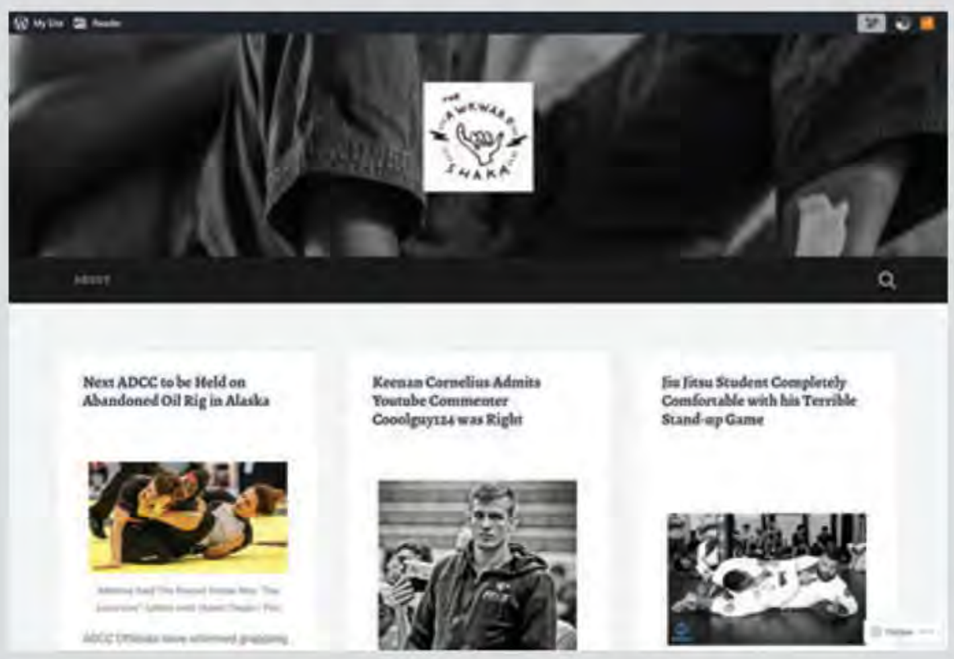
Kyra Gracie is a very prominent name in the jiu-jitsu community. Though retired from the world of jiu-jitsu competition, she is still an ambassador of the sport. Her latest venture involved the exploration of other martial arts outside of Brazilian jiu-jitsu.

UFC Fight Pass has been around for some time now and offers an amazing library of MMA fights. They're now offering original content, such as an upcoming series called The Third Degree hosted by Kyra. The show travels with Kyra as she explores various martial arts from all over the world starting with jiu-jitsu. Kyra experiences the sport from the point of view of the athlete, not a spectator.

The first couple episodes are now out on Fight Pass. **www.ufcfightpass.com**

WHAT'S NEXT FOR PPV EVENTS?

There are now several jiu-jitsu PPV events. All have made an effort to spread jiu-jitsu and increase its popularity into a more mainstream sport. Metamoris began the trend and are now heading into their 7th event. It was once the only game in town, but its popularity has paved the way for other PPV type of events, with even more coming to fruition every year. From a jiu-jitsu point of view, it's great. One must, however, look at the big picture, and approach these events for what they truly are...business ventures. These events are held with the goal to produce some sort of profit. With increased competition in an already niche market, you would have to wonder how much profitability there is in hosting one of these events. I, for one, feel the number of jiu-jitsu participants are increasing at a slower rate than the number of PPVs. With multiple PPV avenues to choose from, have shows like FIVE, EBI, and Polaris stolen potential market share from Metamoris? Or are jiu-jitsu practitioners willing to spend a little more to catch all these events?


Next ADCC to be Held on Abandoned Oil Rig in Alaska
Keenan Cornelius Admits Youtube Commenter Cooolguy124 was Right
Jiu Jitsu Student Completely Comfortable with his Terrible Stand-up Game

The **Awkwardshaka.com** Replacing Jiu-Jitsu Magazine as #1 Jiu-Jitsu Content Provider

For those of you who don't know, the awkwardshaka.com is a news site with some pretty interesting headlines to say the least. Some headlines include; "Keenan Cornelius Admits YouTube Commenter "Coolguy124 was Right!" or "Third Dan Blue Belt Struggles to Find Big Name Brand Sponsor." Needless to say these are some pretty startling revelations.

In other news, we've come to the conclusion that we're unable to compete with The AwkwardShaka.com's compelling stories, and industry changing style; Jiu-Jitsu Magazine has decided to give up on providing quality jiu-jitsu content altogether in favor of investing heavily into the video rental industry, and China's surging stock market.

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Aloha Brah – All Hawaii Gi

Releasing in October 2015, Vandal Kimonos is coming out with a limited release gi called the "All Hawaii." It's a 450 g/sm pearl weave with 10oz mil spec ripstop pants. This beautiful gi has all the fine stitching and attention to comfort that a gi with the name Hawaii in it should have. More importantly, it finds a balance between durability and weight. The gi's lightness will let you move in a more relaxed manner and more naturally as if you were on a Hawaiian vacation.

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MORE FROM NEWBREED!

On Saturday, August 22nd, the NUC (NEWBREED ULTIMATE CHALLENGE) was in Tampa, FL for the Florida State Open. It was the sixth installment of the 2015 Florida Tournament Series. Athletes from all over the state participated. All of the teams were competitive, but ultimately Vieira Jiu-Jitsu placed first in the Youth Division and Team Gracie claimed first place in the Adult Division. The tournament also featured the TUG (The Ultimate Grappler) Qualifier. The final match between Ian Murray and Jeremy Diaz looked more like David and Goliath. Although Ian is a heel hook monster, his skills were just not enough to overcome his opponent's size, so Jeremy came out the victor. He earned his spot in the TUG Finale that will take place on November 21st in Orlando, FL for a Grand Prize of $2,500. For more information about TUG or the nationwide NUC schedule, go to **www.newbreedUC.com.**

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NOT THE PANTS!

I'm writing in to tell you about my friend and Mentor David Meese. He is the instructor for our Early Bird Class at Red River BJJ, getting up at 530 AM to teach us Jiujitsu. Last year during an open mat at the school he suffered a heart attack and was rushed to the hospital. Having a great sense of humor, he told the paramedic not to cut off his gi pants because they are expensive to replace! He made a full recovery and after some time he returned to teach his class. Fast forward to our Summer promotion Night this past July, Professor Ben and Professor Carlos call Mr. Meese up and tied a Purple Belt around his waist! We we're all surprised and proud of his accomplishment! Now that makes Three Purple Belts at our school! I'm gunning to be the fourth Purple Belt but for now I'll be happy I got a stripe!

- Jeremiah P. Mendez

A Better Plan

I am 43 years old and started training last year under Fabio Novaes at Fabio Novaes School of Brazilian Jiu-jitsu. Prior starting jiu-jitsu, I was traveling from my couch, to my office chair, back to my couch, and to bed. If you want to get out of shape and gain weight, this is a great way to do it. Within three months of training jiu-jitsu, I lost 25 pounds and looked like I did in my 20's. I have had multiple 3-month gym memberships in the past, running on the treadmill. Boring! (And hurt my knees.) It is common now for my friend Ben and me to roll for an hour straight. Jiu-jitsu has changed my life. My teacher, Fabio Novaes, received his black belt from Marcelo Saporito in 2002. Fabio is a World Champion, and a Pan-Am champion. His instruction derives from Carlson Gracie/Marcelo Saporito. I am blessed to be so close to the original line of jiu-jitsu. Fabio gave me my blue belt last month. When he gives a belt out it is earned. I am honored by the promotion and look forward to every roll. Oss!

- Chris Mayer

Cooked Up A Blue Belt

Award-winning chef and television host Anthony Bourdain was recently promoted to blue belt by his instructor Igor Gracie at the Renzo Gracie Academy in New York City. Anthony, who's 58, often trains twice a day and has talks about this love of jiu-jitsu in public quite often. Last year while being interviewed by Charlie Rose he said; "I think it can best explained... at my age to learn a new skill is deeply satisfying. To recreate that feeling of being the lowest person on the Totem pole in a kitchen back when I was 17 – knowing nothing in a very hard world. The incremental tiny satisfactions of being a little less awful at something every day. It's like that with jiu-jitsu for me." Words or wisdom by America's favorite chef, and one of jiu-jitsu's best embassadors. We owe a big thanks to Anthony's wife Ottavia for introducing him to jiu-jitsu just a few years ago.

TEXAS **BLUES**

Two great students were recently promoted by Patrick Head at Atos Jiu Jitsu Nederland, Texas. We hear that Jody Grey, who earned his blue belt, is always around helping with the kids classes. He has a great attitude and always has that infectious smile on his face. His entire family trains as well. Mrs. Clara Williams received her blue belt at the young age of 57 and trains every day. Her plans are to have her black belt by her 65th birthday. On hand for the ceremony were Patrick Head, owner of Atos Nederland, Professor Ed Ramos, and J.T. Torres.

It's a Good Thing **He Moved Back**

It's been a long road for Michael Ruocco; he started jiu-jitsu around the age of 37. A few years later he got his blue belt, and then his coach moved. Thankfully for Michael his coach moved back last year as a black belt. A month before his 47th birthday Jeff Rockwell promoted Michael to purple belt. We're all for loyalty, but it's okay to find a new instructor if they happen to move ;)

EMAIL

SEND US YOUR PROMOTION PHOTOS along with your name, school, instructor, and a little back story. Email us with the subject line, **"Pro Motions"** to *feedback@jiujitsumag.com* and keep an eye out for your Pro Motions in a future issue. School owners, please hold off on sending "group" promotions, and please keep it to specific individual students. JJM

UNCLE RENATCH!

You man know him from such iconic roles as the Sincere Boy in "Coming Soon," or Eric, Barto's Study friend, in the TV series "Jack & Jill" and who could forget him as the lovable yet frisky Dr. Richard "Dick" Robbins in the made for television film "OB/GY Anne." But you may know him best as Uncle Renato Laranja who we had the "pleasure" of interviewing in our Feb/Mar 2013 issue. Rhasaan Orange, Renato's alter ego, was awarded his 10th Planet Black Belt recently by Eddie Bravo. So whether you run into Renato or Rhasaan in a dark alley, it's best not to give him no messes. JJM

THE JOYS OF NUT BUTTERS

GO NUTS ON YOUR DIET NOT ON YOUR TRAINING PARTNERS.

MacKenzie Arrington

IF YOU'VE BEEN A KID, WHICH WE ALL HAVE BEEN, EXCEPT FOR THE MIYAO BROS WHO WERE CREATED IN A LAB SPECIFICALLY FOR JIU-JITSU, THEN WE HAVE FOND MEMORIES OF PEANUT BUTTER AND JELLY SANDWICHES. You remember those delicious and easy sandwiches our parents whipped together in an instant and threw in a plastic baggie as they rushed to get us out the door. Well, it turns out that the sandwiches were not selected strictly because they tasted good and were easy, but for the nutrient packed star ingredient, peanut butter. We are no longer little kids, though, so should we still be eating peanut butter or does our sandwich spread need to grow up, too? Let us find out by looking at our top performers in the nut butter bracket and see which to use and when. Let the battle begin!

Peanut Allergy:

Nut allergies, so hot right now. You will find a staggering amount of children these days have a peanut allergy. In some cases the peanut protein in the air will trigger the negative effects. Err on the safe side before going into the gym with your lunch; eat it in the car. Someone with the allergy may train at your gym.

Leave it to Mike to buy the Almond Butter that's sweetened.

KNOW OUR NUTS

When we think of nut butters, our brains automatically think of peanut butter, which in fact, is wrong. Hell, peanuts aren't even nuts. This is not an article of semantics though, so back to the point. Nut butters are nuts, seeds or legumes that have high natural fat contents that have been ground into a paste. On a basic level that is what we will get. Note the differences in flavor, use and nutritional content will come from which butter we use. They all have their own unique applications and flavors. Notably high in calories, most all nut butters are worth their weight in gold for they are packed with protein, healthy fats, omega-3 fatty acids and essential vitamins and minerals. But this is where the water gets murky at a glance. Just because it's nut butter, that does not mean it will provide us with all of those nutrients. For instance, cashew butter has significantly less fat and zero omega-3, but offers calcium, copper and magnesium, which are essential in our diets. So, before any major showdown we need to know who our competitors are, let us meet the contenders for you to decide who the winner is!

Fun Fact:
Peanuts are not actually nuts, they are technically legumes which is the same family as soybeans, peas, lentils and beans. Someone pulled a Greenland/Iceland situation on us when naming Peanuts.

Almond Butter

The hip new rising star all the health nuts are raving about.

Strengths: Where to begin, peanut butter for grown ups. Almond butter is by far the hottest nut butter in the health food world and that is for a reason. Almond butter is packed with fiber, protein and less calories than peanut butter making it a powerhouse for our hearts and bones and for keeping our body fat low.

Weaknesses: Greatness comes with great cost literally because almond butter is expensive. Creamy lovers beware, almond butter tends to be on the grainy side because it is hard to remove the skin off the almonds before grinding and they never fully break down in the process. Also, most almond butters are not sweetened naturally so you will have to adjust to a more natural flavor than you would normally with peanut butter.

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Nutrition Facts
Serving Size 2 Tbsp (32g)
Servings About 14
Calories 180
Calories from Fat 140
*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 15g	24%	Total Carb. 8g	3%
Sat. Fat 1.5g	7%	Dietary Fiber 3g	14%
Trans Fat 0g		Sugars 3g	
Cholest. 0mg	0%	Protein 6g	
Sodium 100mg	4%		

Vitamin A 0% • Vitamin C 0% • Calcium 8% • Iron 8% • Vitamin E 25% • Magnesium 20%

Peanut Butter

The veteran, that is tried and true...besides in name...again, is not a nut.

Strengths: What is there not to love about peanut butter? Unless of course you have an allergy, then I would avoid it. If you can have peanuts then lucky you! Peanut butter is packed with omega-3 fatty acids, fiber and protein. Also, peanuts bring antioxidants to the table/lunch box.

Weaknesses: High in the calorie count, but I feel that this is countered with the fact that nutritionally peanut butter offers enough to be a stand alone midday snack. But we have to watch out with not over doing it with peanut butter and also avoiding products with a ton of additives, most notably sugar. With the large demand for peanuts today there are serious issues with quality of how some peanuts are grown, harvested and handled. So, you have to shop for quality here and should go organic.

Best used for: As a meal or protein additive. By far the best tasting of the nut butters. It can be used in smoothies, on fresh fruits, stirred into quinoa with a little lime juice or simply spread between two pieces of bread.

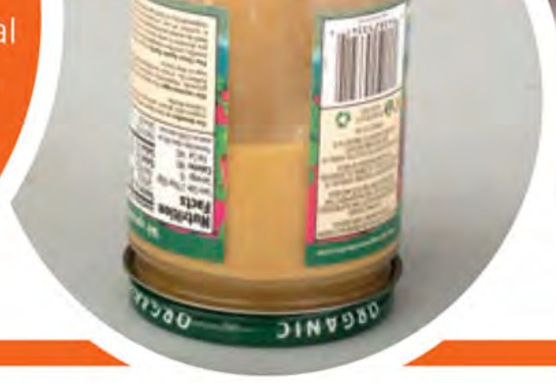
Cooking Tip: Peanut butter can be used as a butter replacement in about every application.

Best used for: Weight loss/weight management.

Cooking Tip: Think of any flavors that pair with almonds and it will work well with almond butter. Excellent in smoothies, root vegetables, or even the Gracie sandwich of almond butter, avocado, spinach, walnuts and kale chips on toast.

Food Hack:

Stir-free natural nut butters. When dealing with natural nut butters we will have a workout pre-snack by having to stir in the natural oils with the ground nut butter on the bottom. Instead, try storing the jar upside down when you are not using it for easy, natural mixing.



To go au naturel or not?

Always opt for natural. More often than not, non-natural nut butters we will find are marketed towards fat Americans, so they are designed to be sweet. How do we make a savory food sweet? Pack it with sugar. If the nut butter has more than three ingredients, put it back.

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Cashew Butter

A light weight that has been flying under the rada,r but should never be counted out.

Strengths: Essentially vitamin butter. Cashew butter has far less calories than peanut butter yet still brings the noise on a nutritional level. Loaded with calcium, copper, magnesium, protein and healthy fats, this is a great substitution. Cashew butter is excellent for our bones, blood and heart.

Weaknesses: With fewer calories, fat and no omega-3 fatty acids, cashew butter is not a full replacement to the other butters, but more so a good supplement on every other day. Also, the consistency of the majority of brands will be soupy at best. There are a few brands on the market though that will be of acceptable creaminess.

Nutrition Facts
Amount/Serving %DV* Amount/Serving %DV*
Total Fat 16g 25% Total Carb 8g 3%
Sat Fat 3g 15% Fiber 1g 4%
Trans Fat 0g Sugars 0g
Cholest 0mg 0% Protein 5g
Sodium 0mg 0%
Vitamin A 0% • Vitamin C 0%
Calcium 2% • Iron 10% • Folate 4%
Serv Size 2 Tbsp (30g)
Servings 15
Calories 180
Fat Cal 140
*Percent Daily Values (DV) are based on a 2,000 calorie diet.
For decades we have been crafting superb tasting cashew butter.

Best used for: Use in a "best of both worlds" sense. If you want a milder flavor with less calories building up to weight ins, go for cashew butter.

Cooking Tip: Use cashew butter blended with chickpeas to make hummus.

SALTED OR UNSALTED?

As fun as Supermarket Sweep looked, do not play it when you're selecting nut butter. Pay attention to salted vs. unsalted. If it is a battle of taste, salted wins out; if it is a battle of age or weight management, then we can cut back on our sodium by opting for unsalted.

Powdered Peanut Butter...what the hell is this stuff?

Most major powdered peanut butters are incomplete foods nutritionally. They are made by squeezing as much of the oil out of the peanuts as possible, dehydrating what is left and grinding it up. We are losing almost all of the nutritional value. If we cannot live without it we make our own.

Ingredients:

1 cup Nut Butter
2/3 cup Tapioca Maltodextrin [not as scary as it sounds. It is a food starch that absorbs the oils until we add liquid, such as saliva.]

Method:

Add both to a food processor and turn it on to create our own powder. This will stretch one jar of nut butter into many jars of powdered nut butter. Use a 60/40 ratio for scaling the recipe or powderizing any fat."

Amount Per Serving	
Calories 45	Calories from Fat 10
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 90mg	4%
Potassium 150mg	4%
Total Carb. 5g	2%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 4g	

GO NUTS!

Nut butters can be looked at the same as moves in jiu-jitsu in the sense that anyone can use it, but not everyone knows when to. Weigh the options, the strengths and weaknesses of each different butter and find out what works best for what you are trying to achieve. If you are looking to lean down, you probably should swap out the peanut butter in your smoothie for cashew butter. If you are having a hard time finding time to eat throughout the day, stop having almond butter on your apples at lunch and go with a more dense peanut butter. You do not go for guillotines while on your opponent's back, why would you go for peanut butter when you are looking to lean down? Remember to check out http://GrapplerGourmet.com for recipes using nut butters, full nutritional break-downs and to see how some of the pros use them. You have three culinary submissions to work into your arsenal now, so it's time to go nuts and eat well, train hard. OSS *jjm*

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SUPPLEMENTS Q&A

When it comes to supplements most of us have a ton of questions, so every once in a while we like to address some of the most common questions facing grapplers when it comes to the world of supplementation.

Q: What are the top three supplements I should be taking?

A: Before we get into the answer, let's go over something that should be obvious, but eludes many of us. As the name implies, "supplements" should be "supplementing" a healthy balanced diet. Do your best to eat clean, the less processing the better, eat the rainbow, the more color in your diet the better you'll feel. We don't prescribe any particular diet other than common sense. With that said, here are the three supplements we'd recommend to 90% of the grapplers out there. Why 90%? There are those of us who have specific needs. Have an annual physical and blood work done by your doctor and discuss with him or her your grappling, the type of effort you put into it, and have them go over your sample results. He or she may see something that needs special attention.

- **Protein –** Your muscles are made primarily of water and protein. During a jiu-jitsu training session our muscles are being stressed and broken down. For proper recovery they're starving for amino acids. Protein supplements provide the amino acids your muscles need, not only for maintenance, but to become stronger. The sooner you can ingest protein, the sooner you can get amino acids to your muscles and stop the protein breakdown that's occurring and start protein synthesis (building muscle). Protein synthesis is necessary for recovery between workouts, increasing muscles mass, strength, power, and endurance. It also prevents loss of muscle mass, strength, power, and endurance when you're trying to lose weight. Check out the Supplements columns in Issues 35 and 36 for a very compelete guide to all the different protein supplements out there.

Multivitamins – Theoretically, if your diet is balanced and complete you should not have a need for a multivitamin, but how many of us can say we have a perfect diet? Plus, life's pretty stressful, sometimes our diets are on point, other times we have no time for something that's really good for us. If your diet's sound, then the benefits of a multivitamin might not be too great, however, if your diet is anything less, then think of a multivitamin as an insurance policy from being overly deficient in any one area. That area can vary from time to time depending on your diet. Look for a high-quality multivitamin that's tailored to your needs. Women, especially women athletes, need more iron and calcium than men. Look for a woman's multivitamin that's high in these ingredients. Older men need very little iron, but can use extra Vitamin B12 and Vitamin D. So, do your research and choose wisely. For more information on Multivitamins take a look at our article in Issue 12.

ULTIMATE NUTRITION
SUPER complete formula
Complete Nutritional Support*
✓ Contains Essential Vitamins, Minerals, Amino Acids, and Antioxidants
Vitamin, Mineral & Herbal Supplement • 270 Tablets

Beta Alanine – Protein and a multivitamin can really benefit any grappler, whereas Beta-alanine is really for those who are pushing it; pushing their bodies, training hard, day in and day out. If that's not you, that's okay, all of us have different reasons for training jiu-jitsu, and there are other supplements that might do you well. If you've been reading JJM for any length of time, you've definitely read some suggestions. For those of you who go hard and push it every time you step on the mats you should try Beta-alanine. Beta-alanine is an amino acid that is responsible for carnosine production in the muscle. Carnosine is one of the primary buffering substances available in skeletal muscle. Your muscle's anaerobic threshold occurs as a result of a build up of lactic acid and hydrogen ions. Carnosine in the muscle is responsible for buffering these excess hydrogen ions and maintaining muscle ph; it's an antacid. The greater your buffering capacity, the longer it will take for this build up to occur and the sooner you can recover. Simply put, carnosine delays the anaerobic threshold. The research shows that 4 to 6 grams of Beta-alanine taken throughout the day can help you generate more power and help you sustain intense effort longer before muscle fatigue sets in.

WHERE SHOULD I KEEP SUPPLEMENTS?

There are lots of things to consider when figuring out where to keep your supplements. First and foremost, supplements like to be cool and dry. This will help maintain their potency and shelf life. The date printed on the bottle assumes proper storage. So, a cool and dry place is definitely not the bathroom. Every time you take a shower or bath the humidity rises, so avoid the bathroom. The fridge is also not a good option. It's cool, but like the bathroom it's not dry. However, there are some supplements that like the fridge, so always read the label. In your gym bag is also not a good choice. If your gym bag is going with you that means it might find itself in your car on a hot summer day and subject to temperatures that are anything but cool. The best and most common place is the kitchen, most supplements are taken with food, so this seems like a logical place. Be aware of their proximity to the stove or oven, though. They should not reside too close since this is a source of heat. Lastly, if you have small kids, keep supplements out of reach for their safety. If you're paying attention to supplement timing, which you should be, that means you're taking them with you. In this case, a simple pill container that you can find at any drug store is a safe and convenient way to bring them with you. Just remember to keep them cool and dry!

SHOULD I TAKE CREATINE?

Most jiu-jitsu athletes can benefit from creatine supplement, however, if you're looking to cut weight, or have a tournament any time soon, be aware that some people will notice a fluid shift nd fluid retention in the body. This is often confused with dehydration; creatine doesn't cause dehydration. Proper hydration is always important, so be sure you're drinking plenty of water. Creatine is an amino acid that occurs naturally and is found in red meat. Our bodies require energy in the form of adenosine triphosphate, or ATP, for muscle contraction. As a muscle contracts it loses one of its phosphates to create the energy needed for the contraction, leaving ADP or adenosine diphosphate. ADP gets this phosphate from phosphocreatine, or PCr, in the muscle. The ability to maintain high intensity muscle contraction, which we're almost always doing on some level in jiu-jitsu, is dependent on this process of converting ADP back to ATP. By ingesting creatine, we can increase our levels of free creatine in our muscles, leading to increased PCr. Because of this, creatine supplementation has been shown to clearly increase muscle mass and strength, and increase exercise capacity in high-intensity, intermittent activities, just like we perform in jiu-jitsu. A few years back creatine got a pretty bad rap in the media, however, it is probably the most researched supplement to date. Research has demonstrated creatine supplementation to be safe with no long-term health concerns. The only documented proven side effect of creatine supplementation is weight gain, due to increase in muscle mass. Some people will show sensitivity to creatine, such as gastrointestinal distress and cramping, so give it a try and see if it works for you. For more information on creatine be sure to check out our article in Issue 26. *Jjm*

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JUDO PUSH UPS

Mike Velez Dave Palacios

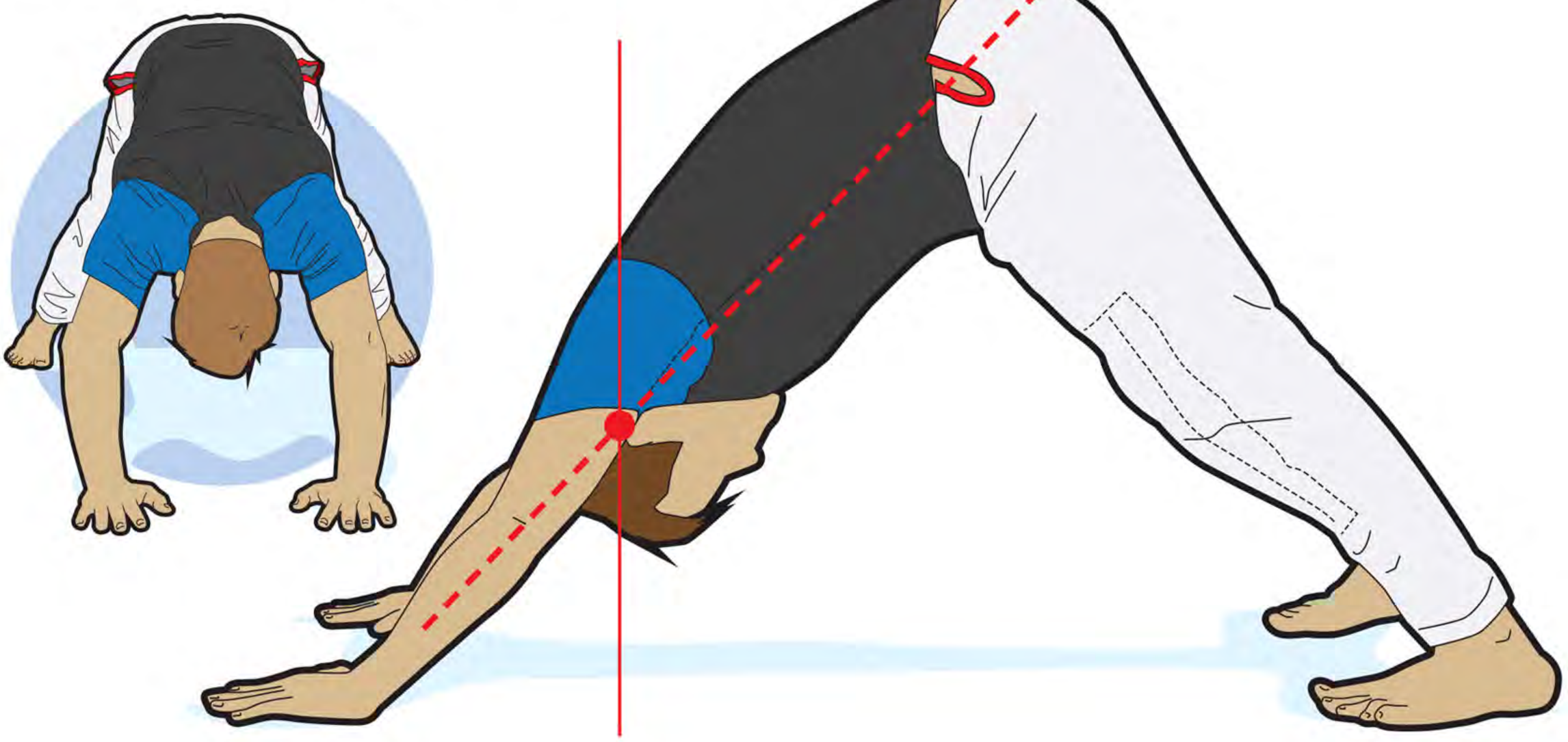
JUDO PUSH UPS ARE ONE OF THE BEST AND MOST COMPLETE BODY MOVEMENT EXERCISES YOU CAN DO THAT WILL YIELD BENEFITS IN MANY ASPECTS OF YOUR PHYSICAL CONDITION. When done correctly, Judo push ups hit almost every muscle group in your body with significant emphasis on areas important to jiu-jitsu, like hips, back, shoulders, and core. It can be done as dynamic warm-up pre-training, a stretch post-training or as part of a conditioning routine. It can also be done anywhere and requires no equipment. One other benefit that you won't hear about elsewhere is that it's a great exercise to help you with bridging your weight into your opponent, as you control them from side control.

Form

As with any exercise, getting your form correct is the most important thing. Once your form is down you can adjust the tempo for either an isometric workout, where you're holding the positions slowly, or an increased pace for cardio type conditioning.

STARTING POSITION

Start with your feet spread wide; further than shoulder width apart, and your hands slightly beyond shoulder width apart, palms down. Bring your head down so that your arms and upper body are in line, legs straight and the only angle is at the hips.

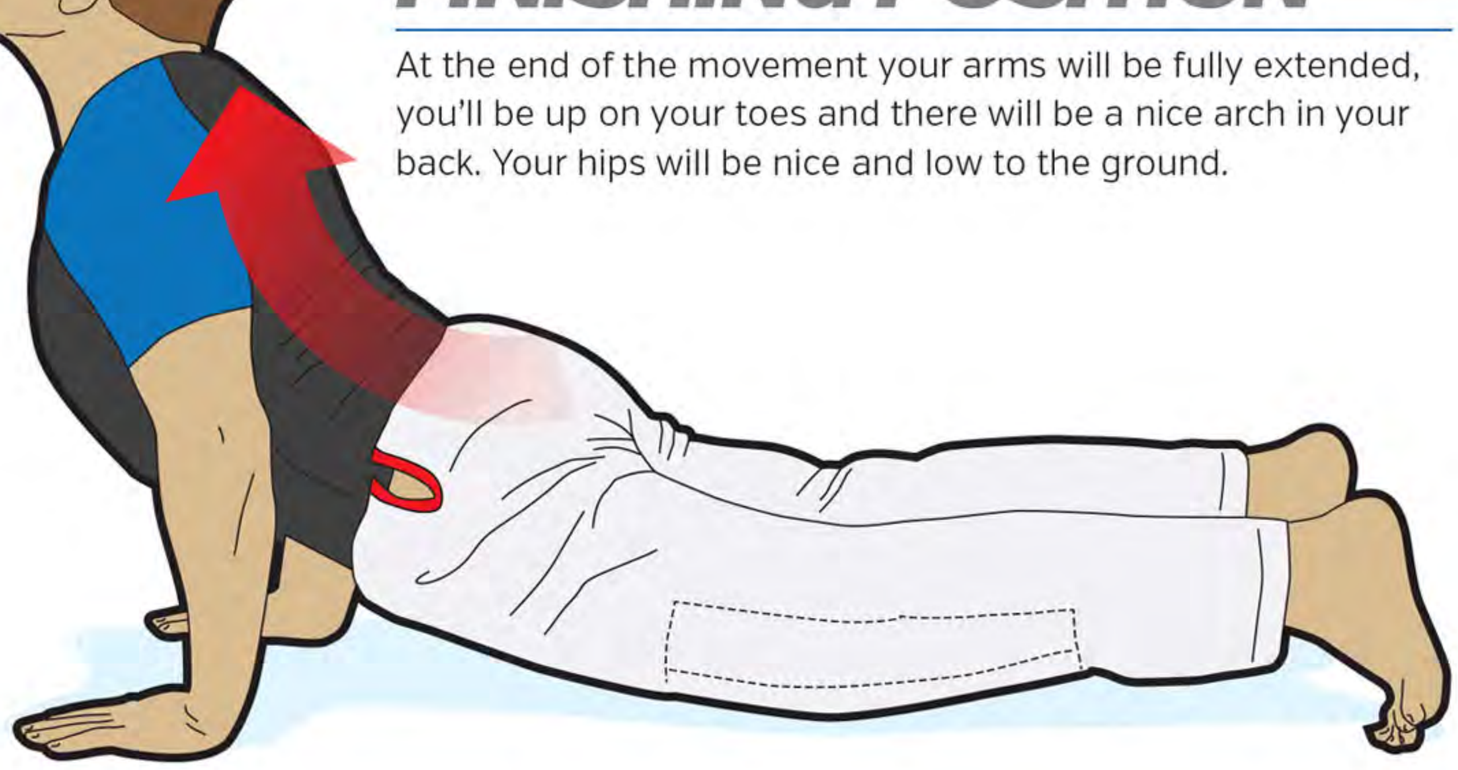


THE MOVE

Bend your arms at the elbows, and slowly perform a "swooping" motion down forward, getting your chin close to the ground. As you do this, your shoulders will be moving from behind your hands (when looking at it from the side), to over your hands, to in front. As your chest reaches the bottom of the movement, push through the ground with your hands to raise your chest back up while dropping your hips.

FINISHING POSITION

At the end of the movement your arms will be fully extended, you'll be up on your toes and there will be a nice arch in your back. Your hips will be nice and low to the ground.



A Push Up By Any Other Name

You might have heard of a Hindu Push Up or a Dive Bomber Push Up. Although, who you ask might offer slightly different details, essentially, these are all just variations of the same movement that hits the same muscles and points of the nervous system.

Flow

There are two ways to complete a full rep of the Judo push up. From the finishing position, you can simply raise your butt back up in the air, which will plant your feet and bring your arms and shoulders back to the starting position. Or, you can go through the exact same movement in reverse. In this case, you would bend at the elbows, drop your shoulders back down, and return to the starting position the exact same way you got to the finishing position. This is the proper way to do a Judo push up, however, if you find them too difficult t first, you can go the easy route. But the goal should be to do them properly.

PRESCRIPTION: As a warm up or drill, shoot for 10 to 15 reps.
As part of a workout, 3-4 sets of 10 to 25 reps depending on purpose (slow-low reps for muscle building, and faster-high reps for cardio and endurance training).
Concentrate on proper form and flexibility throughout the movement. JJm

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WHAT VIDEO GAMES TAUGHT ME ABOUT MARTIAL ARTS

Patrick Flores

BEFORE ACTUALLY TRAINING, MOST PEOPLE ARE EXPOSED TO MARTIAL ARTS IN A VARIETY OF DIFFERENT WAYS. Movies and TV generally provide people their first introduction into the art of fighting. Other mediums, however, provide a look into how our society views martial arts. Video games, in particular, are fascinating to analyze because the game can tell us a lot about the period in which they were created, and our perception of martial arts during that time period.

As jiu-jitsu practitioners, we often believe our style reigns supreme in terms of effectiveness, popularity, and public awareness. This, however, is probably the result of being immersed in the world of jiu-jitsu. It is, however, important to realize that Brazilian jiu-jitsu is just a single martial art and a fairly new one at that. It is a small, critical piece, in a much larger martial arts puzzle.

Video games act as a time capsule into fight culture history. Game developers were clearly influenced by the events that transpired around them and the fighting trends of the time period they were created in.

EXTRACTING HISTORY FROM VIDEO GAMES

Take the classic video game Street Fighter II: The World Warrior, for example. It was released in arcades in 1991. Diving into the game's story a bit deeper exposes our general perceptions of martial arts during the early 1990's. People were aware of martial arts from all over the world, as represented by the different characters. Karate gained much popularity after films like "The Karate Kid" were released in the 1980's. It was represented, in arguably, the franchise's most popular characters, Ken and Ryu. Ryu was Japanese, and Ken was from the United States, showing how popular the martial art had become in the States. The game also featured other interesting martial arts through its characters: Zangief, a brutish wrestler from the USSR (Cold War was just coming to an end), Dhalsim, a yoga master from India, and Sagat, a Muay Thai kickboxer from Thailand. The game even featured a boxer from America who had a surprising resemblance to Mike Tyson, who was a very dominant boxer at the time.

As you can see, the game lacks any representation of jiu-jitsu. Though a pro-wrestler and sumo wrestler (E.Honda) could be argued to represent grappling, they're far from signifying anything close to jiu-jitsu. With UFC 1 a couple years away, it would be a while before the world would become exposed to jiu-jitsu or any form of the submission grappling we know today.

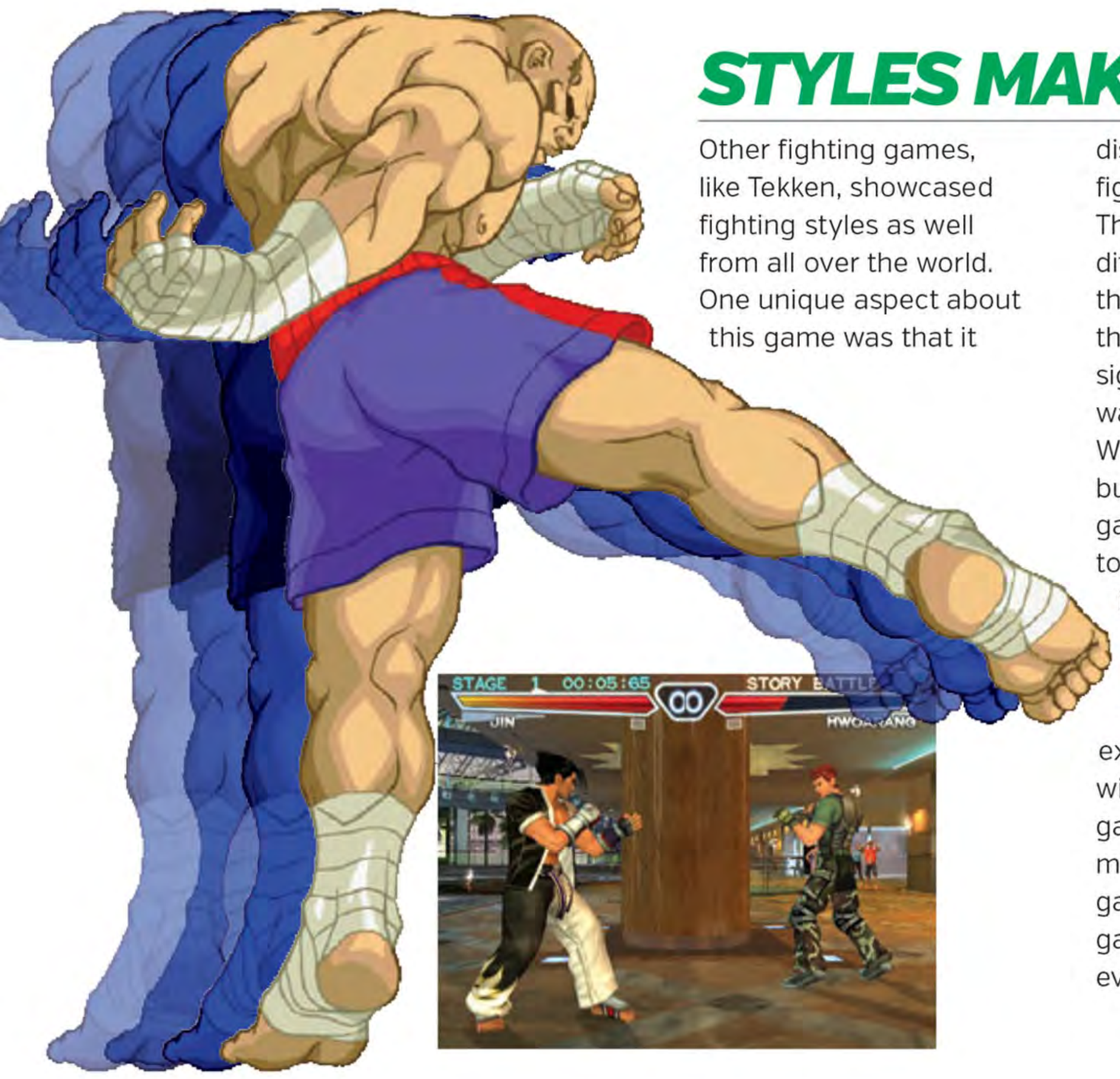
Street Fighter III had a couple variations, but was originally released in 1997. By this time, the world had already been exposed to Royce Gracie and Brazilian jiu-jitsu. This change in fight culture is represented in the game as it featured a lead character named Alex who fought with grappling techniques. It also featured a Brazilian-Japanese character that had similar techniques to the popular Ken/Ryu, but incorporating takedowns, and some ground and pound.

In the most recent incarnation of the game, we see a mixed martial arts fighter who even sports a sambo gi top. It's clear that even in the world of video games, to remain true to the period, the games had to adapt to the trends of modern fight culture.

Mortal Kombat released in 1992 featured much of the same stand up fighting with a bit more unrealistic (though entertaining) fighting. Though a similar fighting game to Street Fighter, it's hard to compare the two, as they both are unique and classic in their own way.

Fun Fact

A lot of the characters and fighting stages seen in the Mortal Kombat series (and one limb stretching yoga master in Street Figher) were inspired by 1976's martial arts movie; *Master of the Flying Guillotine*. If you're a fan of these fighting games we'd highly recommend checking out this flick.



STYLES MAKE FIGHTS

Other fighting games, like Tekken, showcased fighting styles as well from all over the world. One unique aspect about this game was that it displayed how different fighting styles mattered. The game's strategy was different in the sense that fighting styles of the characters could significantly change the way you played a match. With different command buttons than other fighting games, Tekken was able to stand out and develop its own following.

It also made for a somewhat more realistic experience, starting with Tekken 4, as the game introduced true 3D movement within a fighting game. Previously, fighting games were simply 2D and even remain so today.

Surprisingly enough, games like Street Fighter were more educational than I originally had ever thought. One of the main reasons I trace muay Thai back to Thailand is because of the character Sagat. His accurate in-game stance would be ingrained in my head and my first introduction to Muay Thai. Even without any training in real martial arts, a player will be able to pick up several aspects of different martial arts just by playing. From the speed of kung fu to the power of a good throw, games like Street Fighter and Tekken are not completely unrealistic representations of the style of martial art they portray.

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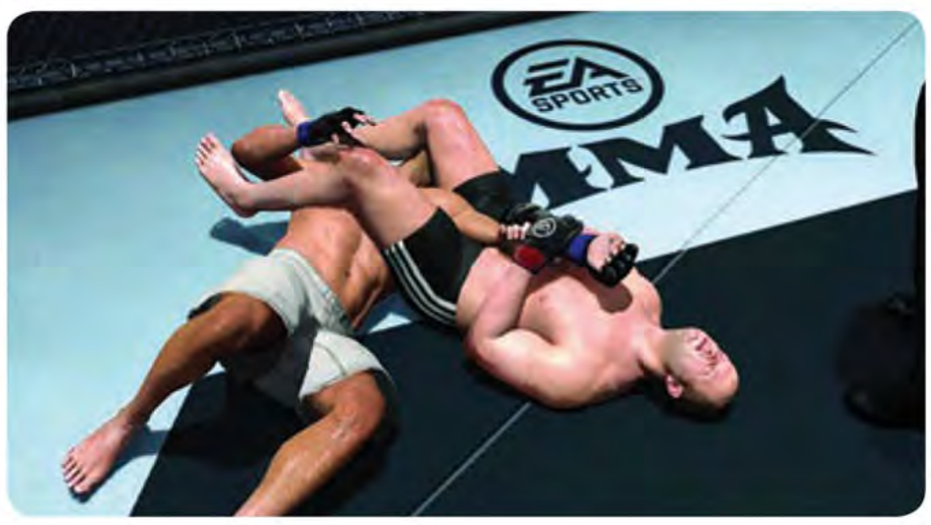
How Video Games Have Changed the Way I Fight

A quarter doesn't let you play again in real life. In a real altercation, whether on the streets or in the gym, mistakes are unforgiving. Only real experience on the mat, at the gym, or in actual combat can really teach you that. Video games, however, provide some unrealized benefits to our thought process.

Games often present us with puzzles that we have to figure out. As children, these may seem like fun, however, studies have shown video games to develop problem-solving skills in children. One example could be in the game Punch Out. The boxing game lets you face off against several different opponents. The key to beating the game is discovering the patterns those opponents show during the fight. The same can be said about playing a live person. Identifying certain movements, patterns, or reoccurring mistakes will allow you to capitalize on those mistakes to win. The idea is also common to that of real martial arts, including jiu-jitsu. This is why coaches and fighters spend hours reviewing footage of old fights. Either they will find weaknesses in a future opponent, or weaknesses in their fighter to improve on. Fighters are often referred to as puzzles, some easier to solve than others, and I would argue a direct parallel to the problem-solving skills needed when playing video games.



Next time you look over and see your friends not training and playing video games, you may want to give it a second thought. The mental aspect of jiu-jitsu is just as important to develop as the physical. Video games will not make you into the next Roger Gracie or Anderson Silva, but they could help you along the way. *jjm*

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WHITE BELT INQUIRIES

Would judo throws be illegal and considered slams in jiu-jitsu tournaments?

Short answer - No. Most Judo throws are performed in a continuous motion. That's typically the standard to which slams are considered "slams." The IBJJF rule book mentions the word "slam" only once to say they're illegal at all levels. The referencing photo shows someone attempting to apply an armbar on an opponent who's standing and the person standing forces him to the mat. Every time I've seen a disqualification for a slam it's been after a pause in motion. I've seen examples where there didn't appear to be an intent to injure, and I've seen a clear intent to injure an opponent, both met with disqualification. The most common is an opponent who jumps guard; the person standing remains standing and quickly and forcefully drops to their knees, dropping the two of them to the ground with force. After that pause, the responsibility of getting to the ground safely falls on the person standing. In the event that the person standing can no longer hold the weight, it would be a judgment call on the ref's part whether or not they used force to take it to the mat. One judo technique that's illegal in both jiu-jitsu and judo tournaments, but not considered a slam, is kani-basami, which is also known as a scissor takedown. It is specifically labeled as an illegal takedown. Something that might look like a "slam," but is legal, is a wrestling suplex, as long as the movement doesn't force the opponent's head or neck into the ground.

In this photo if the competitor standing were to forcefully drive their opponent to the mat the result would more than likely be a disqualification.

Having to worry about making a weight cut will distract you from your jiu-jitsu, especially at your first tournament.

Going to compete in my first competition next month. I'm about 10 lbs away from making it into a lower division. Should I try to cut down in weight or just enter in my current weight class?

In our minds, it's easy to think, "All I have to do is lose weight like on the Ultimate Fighter, then I'll be huge and strong compared to the other guy." It's nice to think that, but it typically doesn't work that way in jiu-jitsu. You have to remember that most tournaments will weigh you in just a few minutes before your first match. If you try to do a water weight cut, you're going to be at a severe disadvantage if it's anything more than a couple pounds of water (depending on your weight). Often what happens is the stress of this type of cut becomes the focus on your mind and not the actual competition. I've been there, and it sucks. You've got a month to go, increase your training, clean up your diet, and other things you should be doing anyway. If you're within a pound or two come time to make corrections, then consider changing your weight class. Otherwise, get a few tournaments under your belt, both the preparation and the actual tournaments themselves, before you take a stab at weight strategies.

SHOULD I WEAR A CUP?

If you plan on competing at any point, the answer is definitely no. Cups are not allowed in any grappling tournament that we're aware of. Even if competition isn't in your future, our answer is still no. Wearing a cup can do more harm than good, maybe not for you, but definitely for your training partners. Having a hard fulcrum to execute an armbar with can be dangerous for your partner. There are other positions where having a cup on can give you an unfair advantage while training. Yes, none of us likes to be struck in the junk, but in all honesty it's pretty uncommon. It's going to happen for sure, but not as often as you might think. There's an unspoken rule in jiu-jitsu, avoid the junk. If I'm attacking, I'm not looking for my privates to play any role whatsoever in the implementation of my attacks. Same goes for the other person; they don't want your junk involved in anything either.

Exception
Jiu-jitsu for MMA. If you're training jiu-jitsu techniques where striking is involved, you definitely want to put a cup on.

I've done some jiu-jitsu in the past and want to get back into it. But I'm 40 now, am I too old to start?

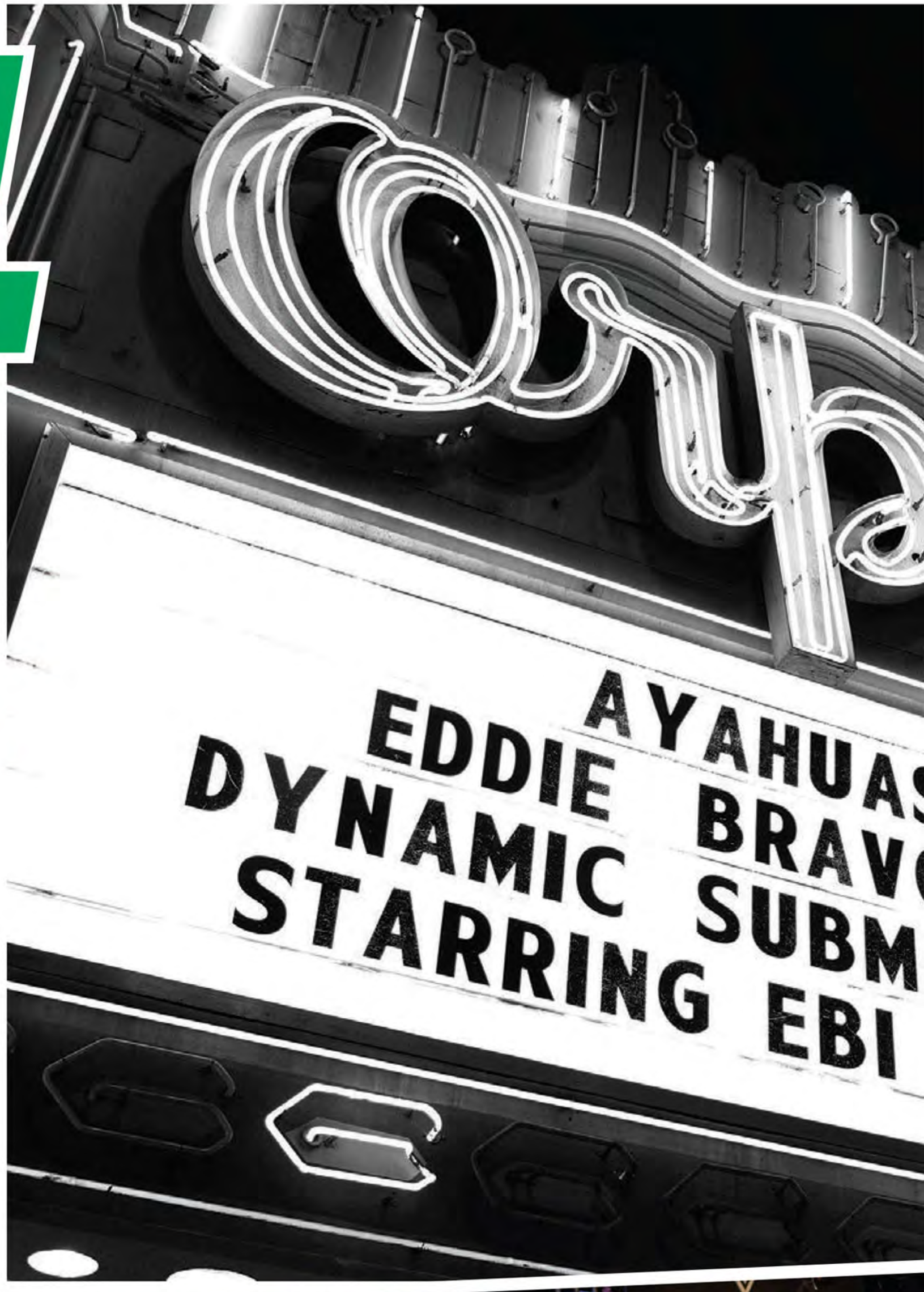
Never too old, just pay attention to your body. We don't heal as quickly as we used to (I'm 41). You more than likely have a full-time job and want to show up for work on Monday, so keep that in mind if you experience an injury. Give your body time to heal and see a professional if you feel it's something that might be serious. Two supplements worth looking into are Glucosamine/Chondroitin and fish oil. I've been taking Glucosamine/Chondroitin for years. It took about five weeks after I started taking it before I noticed a difference, but I noticed it when it kicked in. After a night-time training session, I'd wake up just kind of sore in all my joints at the start of the day. Then one morning I woke up and forgot that I trained the night before because I didn't feel any aches. Fish Oil, specifically Omega-3's, also have a positive impact on joint health along with other benefits for those of us over 40. We've published multiple articles on this subject. Check out Issue 7 for more info on Glucosamine and Chondroitin and Issue 16 for info on Fish Oil. *jjm*

EBI 4

Funky rashguards, female teen warriors, and lots of submissions.

Will Safford **Patrick Flores**

OVER THE LAST THREE YEARS, SUB-ONLY, PAY-PER-VIEW GRAPPLING EVENTS HAVE BEEN POPPING UP ACROSS THE GLOBE LIKE WILDFIRE. Eddie Bravo unleashed his own take on the submission only format in June of 2014 with his first invitational. Since then, three others have followed, showcasing rookie, underground, and veteran talent from a variety of academies, including those who practice with and without the gi. For sure, there are two things that will happen when you attend an Eddie Bravo Invitational: you will not see any competitor donning a gi, and you will see submissions.



The Format

Bravo's unique tournament style format eliminates points, as competitors chase the submission for 10 minutes. After the regulatory 10 minutes, if no submission is had, each competitor has a chance to submit the other from an advantageous position. Competitors can choose either the back position with a seat belt grip and both hooks in, or the spider web arm bar, which is a locked in arm bar not yet extended. There are three overtime periods where competitors get a chance at the submission, however, as soon as one grappler escapes from the other's chosen advantageous position, the period ends and they exchange positions. If no submission is had after three periods, the competitor who escaped quicker over the combined three periods wins the bout. Additionally, Bravo elicits the finish via submission bonuses. Five thousand dollars is paid to the night's overall winner for each submission during the tournament. Potentially, there is the possibility for the victor to earn $20,000 if he submits every opponent on his way to victory.

Submissions

The unique format of the Eddie Bravo Invitational seems the best formula for submissions thus far from any sub-only/pay-per-view event. Compared to other events that hope for subs by matching huge names in no-point superfights, Bravo's combination of no-points, tournament format, submission bonuses, and unique overtime rules elicits a far higher submission rate. Granted, you may not see some of the big stars who are celebrated in the more traditional IBJJF circles, but you will see notable grapplers and worthy upcoming talent hungry for the submission. And if super fights are what you want, Bravo included three in his last Invitational, showcasing six female grapplers who stole the night. Women's BJJ is currently a hot cultural issue making waves in the sport and Bravo made a statement showing his support for the cause in EBI 4. Two of the superfights included four pre- and early teenage girls, which is another unique feature that has yet to be executed by any other premiere sub-only event.

Better To Be There

If the opportunity arises and you find yourself in the Los Angeles area during an EBI, do yourself a favor and attend the live event. Certain aspects of a live event just

can't be had from behind a monitor. As mentioned, the theater experience alone is enough to set the mood for "show time" and the energy of the crowd is something that needs to be experienced. From the closeness of the crowd to the stage, to the Bruce Buffer-like announcer, the live experience cannot be replicated. During the first female superfight, the crowd was literally on the edge of their seats watching the relentless back and forth, all out, no-gi war between teen sensations Alyssa Wilson and Cora Sek. When the battle went into overtime the crowd took to their feet and applauded the finish with a wild standing ovation that sealed the fight of the night. Bravo himself plays an entertaining role in the event with comedic expressions and nuances on stage as the night's referee. The crowd as well, uninhibited by conformity, was vocal, involved, and a key player in the event's making.

Lock The Leg

So how about the action? Seven of the eight opening round matches ended in submissions during regulation time. That stat alone is enough to illustrate the pace of the night. It was a submission clinic for the first 40 minutes of the evening, with more fights ending in overtime scenarios as the night evolved and match-ups evened out, sweat made fighters more elusive, and fatigue set in. Regardless, only three out of eighteen matches ended in victory without a submission, with only six total going into overtime rules. To say the least, the night was action packed, with leglocks being the submission of choice, ending eight of eighteen fights, and five ending via rear naked choke.

Wolverine

Joe Soto, a fighter out of Central California, better known for his MMA and UFC career, became the crowd favorite by the end of the night, showing tremendous heart, impressive technique, and admirable mental toughness. The tournament style format of EBI allows the crowd the opportunity to build respect and admiration for competitors as they're viewed in different scenarios as they progress through the event. Soto was able to get past former EBI winner and the event's favorite, Geo Martinez, as well as IBJJF featherweight wizard, Joao Miyao, making his way into the final versus Eddie Cummings. Cummings, however, was the man of the night, finishing all of his opponents via heel hook and earning the full $20,000 cash prize. Cumming's superior understanding of the leglock game provides him with an advanced weapon his opponents' ultimately have no answer for. Much respect to Mr. Cummings.

NEXT UP!

So, what's next for the Eddie Bravo Invitational? Who knows what Bravo and his crew will pull out next, but we're starting to see a pattern now. After four events, we've met alternating 145lb and 170lb tournaments. If this pattern holds up, a 170lb event is up next, and after two successful events at the Orpheum Theater featuring exciting teen and female superfights, it's likely we're in store for more of the same. One thing we're not likely to see, however, is a matchup in the gi. But with the reigns in the hands of someone as unique as Eddie Bravo, who knows what he has up his sleeve. One thing is for sure; if you want to see submissions, make sure you have a ticket for the next EBI.jjm

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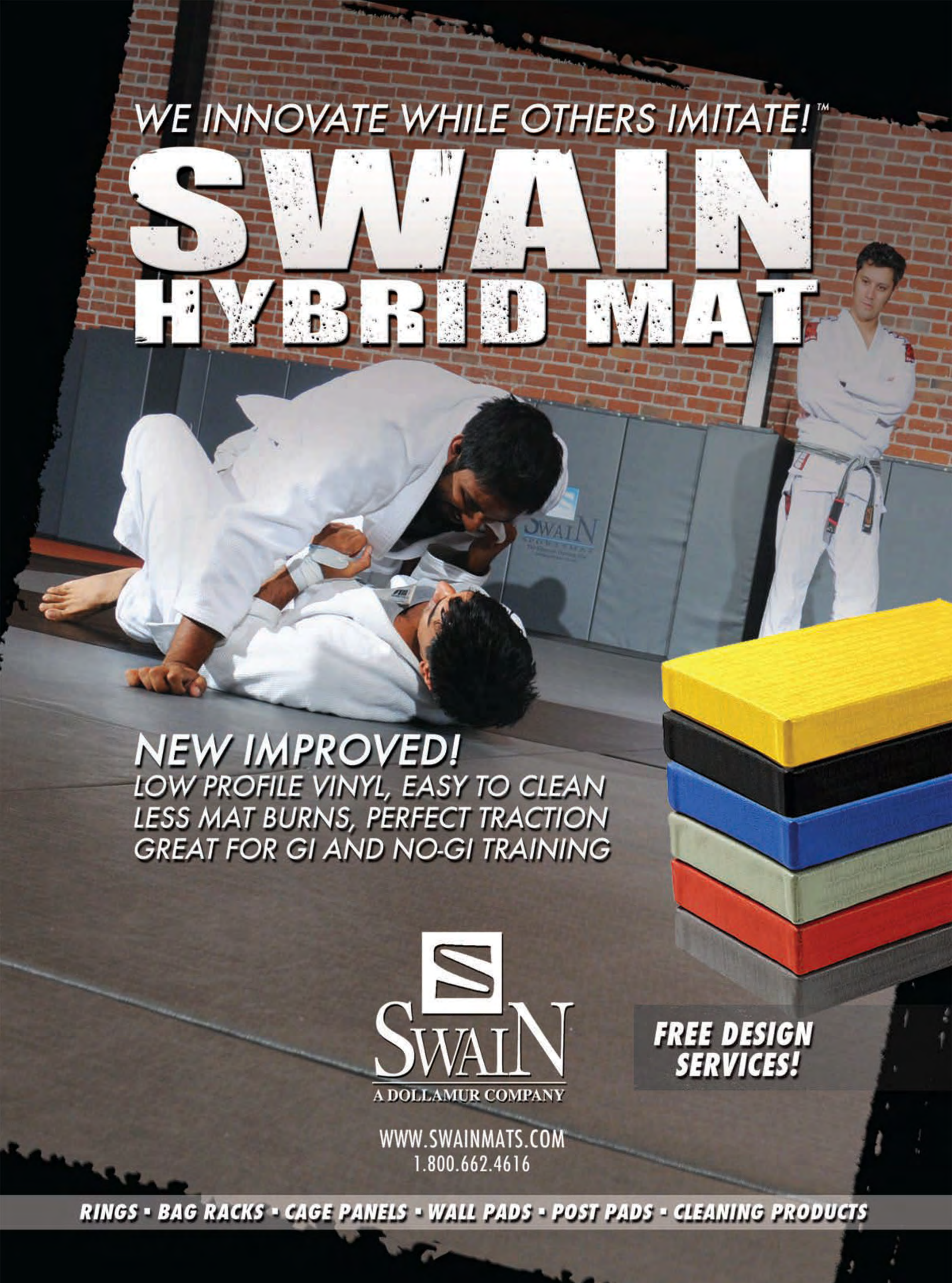

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ABRAHAM MARTE

Going to Battle with The God of War

Patrick Flores

AT 6'4" AND 240+ LBS. and the nickname "God of War," it's difficul to go unnoticed. Abraham Marte is an active jiu-jitsu competitor out of the Dominican Republic. We recently sat down with Abraham and found he wasn't afraid to speak his mind. He's confident and has strong opinions. In a world where so many people are worried about being politically correct, and careful about what they say in fear of offending someone, it was a nice breath of fresh air to meet someone as genuine as Abraham.

Abraham enjoys watching movies, and got goosebumps when I mentioned watching the Japanese Anime Attack on Titan. For those who haven't seen it, it's about giants eating people. I wouldn't be able to do the show justice, so it's best to check it out on Netflix. After talking about jiu-jitsu competition, his days spent as a DJ, and his attending law school, it was off to Studio 540 where he was teaching the noon class.

Abraham may be a big guy, but his style of jiu-jitsu doesn't necessary revolve around it. He showed us the following techniques, many of which do not require tremendous strength.

Raw Data

Powered by BJJ Heroes.com

Full Name: Abraham J. Marte Messina

Nickname: He is often called "Loco" which means crazy in Spanish, Abraham's native tongue. The name started among his Jiu Jitsu training partners due to Abraham's obsession for Jiu Jitsu.

Lineage: Mitsuyo Maeda ➤ Carlos Gracie ➤ Helio Gracie ➤ Rickson Gracie ➤ Marcelo Behring ➤ Fernando Yamasaki ➤ Abraham Tabar ➤ Abraham Marte Messina

Main Achievements:

- *World Champion (2012 brown)*
- *World Master IBJJF Jiu-Jitsu Champion (2014 weight & absolute)*
- *Rio Open Champion (2011 brown)*
- *World Cup Champion (2011 brown – CBJJO)*
- *New York Open Champion (2009 purple)*
- *World Silver Medal (2011 brown)*
- *Pan American Silver Medal (2012 brown)*
- *World Championship Bronze Medal (2013 black, 2009 purple)*
- *Pan American Bronze Medal (2010 brown)*
- *Brazilian Nationals Bronze Medal (2013 black)*

Favorite Position/Technique: Closed Guard

Weight Division: Pesadíssimo (over 221lbs/100kg)

Team/Association: Basico BJJ / Yamasaki

» BREAKING THE POSTURE FROM CLOSED GUARD

Breaking your opponent's posture is extremely important when setting up attacks from the closed guard. It's one of the things you'll hear your professor telling you to do at an early stage. Controlling his posture will prevent him from easily opening your closed guard, and eventually passing. It also puts you in control of the fight. Jiu-jitsu practitioners will learn many ways to do this, however, Abraham Marte shows us his own personal set up.

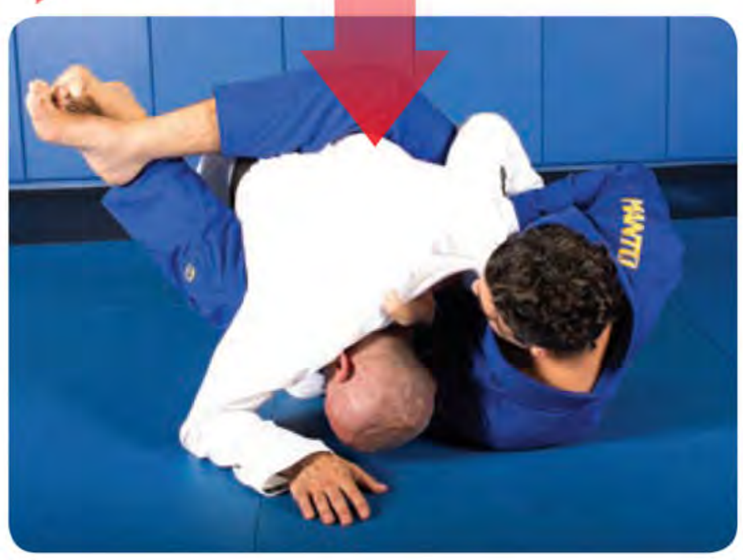
01

Sometimes it is difficul to break the posture when you have someone in your closed guard. Abraham is a strong guy, but still uses two hands on one lapel to pull his opponent down, while using his knees to bring him in even tighter. This method is incredibly effective because even if your opponent breaks one grip, the other is still in place allowing you to re-grip with either free hand. Abraham brings his opponent to the opposite side of his grips.

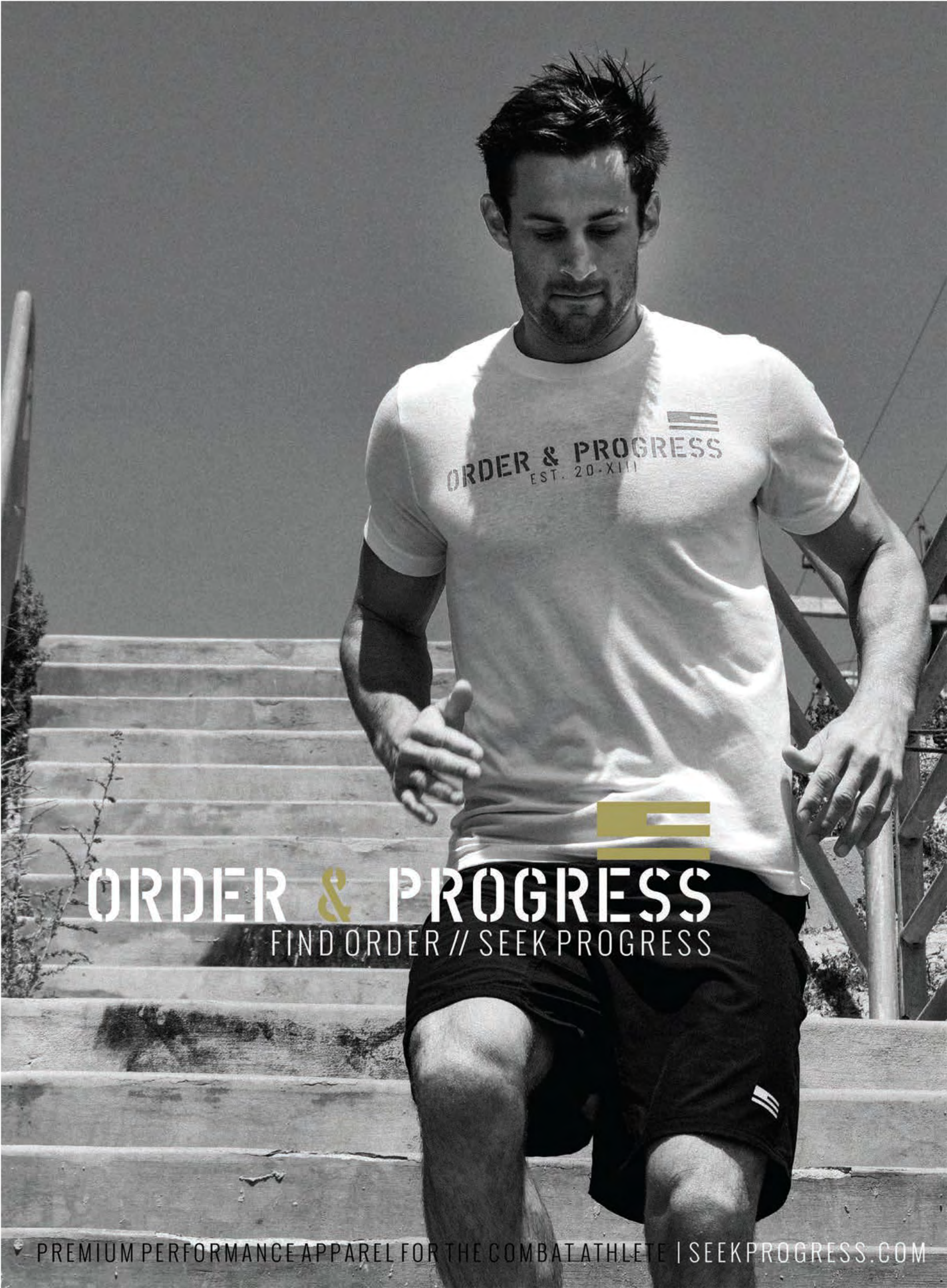
WATCH VIDEO

02

He then secures a deep collar grip with the near hand while keeping his elbow close to his opponent's chest.



Now, Abraham's chess pieces are in place and from this position he can transition into his attacks. He is able to go into a variety of different techniques that will either advance his position or gain him the submission.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A SUBTLE SWEEP FROM CLOSED GUARD

Using the same two-hand lapel pull set up, Abraham shows a very inconspicuous sweep from the closed guard position. This technique is implemented when his opponent attempts to re-center to recover his posture and balance. Abraham capitalizes on this to deliver a sweep. This technique involves a lot of feel and Abraham admits it is difficult to transmit this technique into words because you have to gauge your opponent's movement to time the sweep just right.

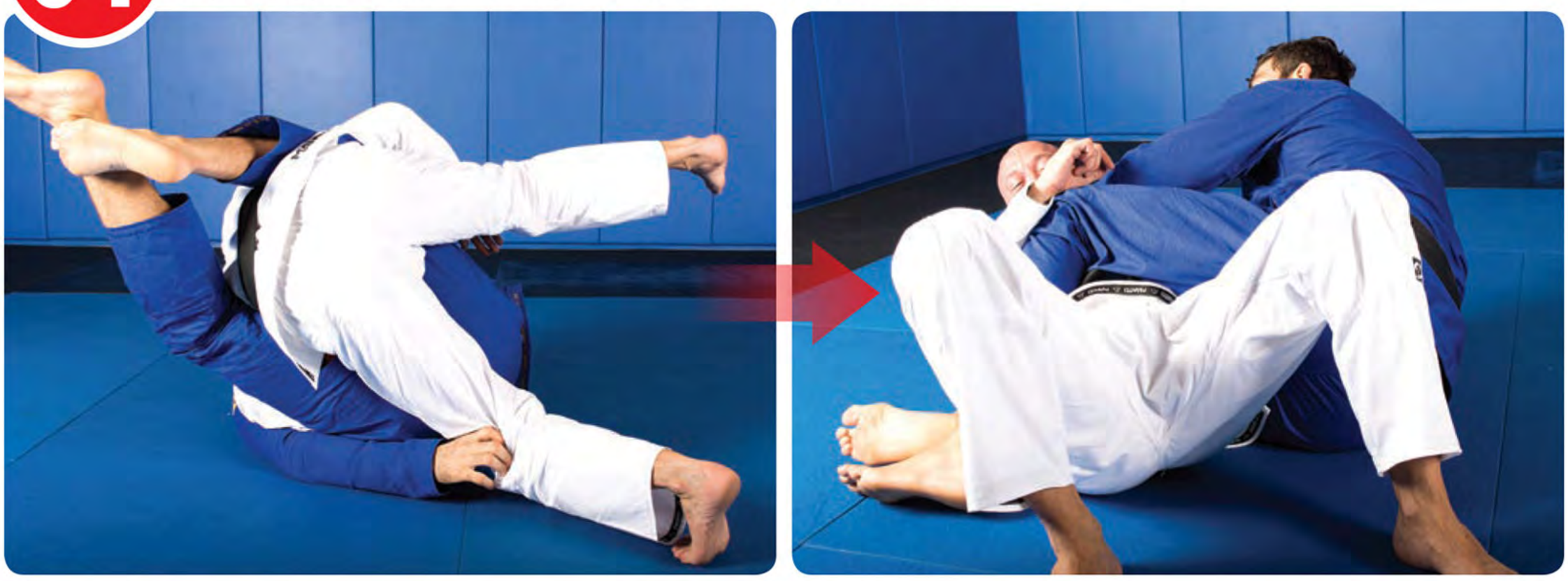
01 Your opponent will naturally try to posture up. This technique takes this into account. This technique starts from the broken posture position and securing a deep collar grip.

02 Abraham hip escapes out to get an angle. The goal is to have the bottom knee on his opponent's chest and the top knee on his opponents back. All the while squeezing tight. Abraham says it's okay to use the free hand to support the top knee.

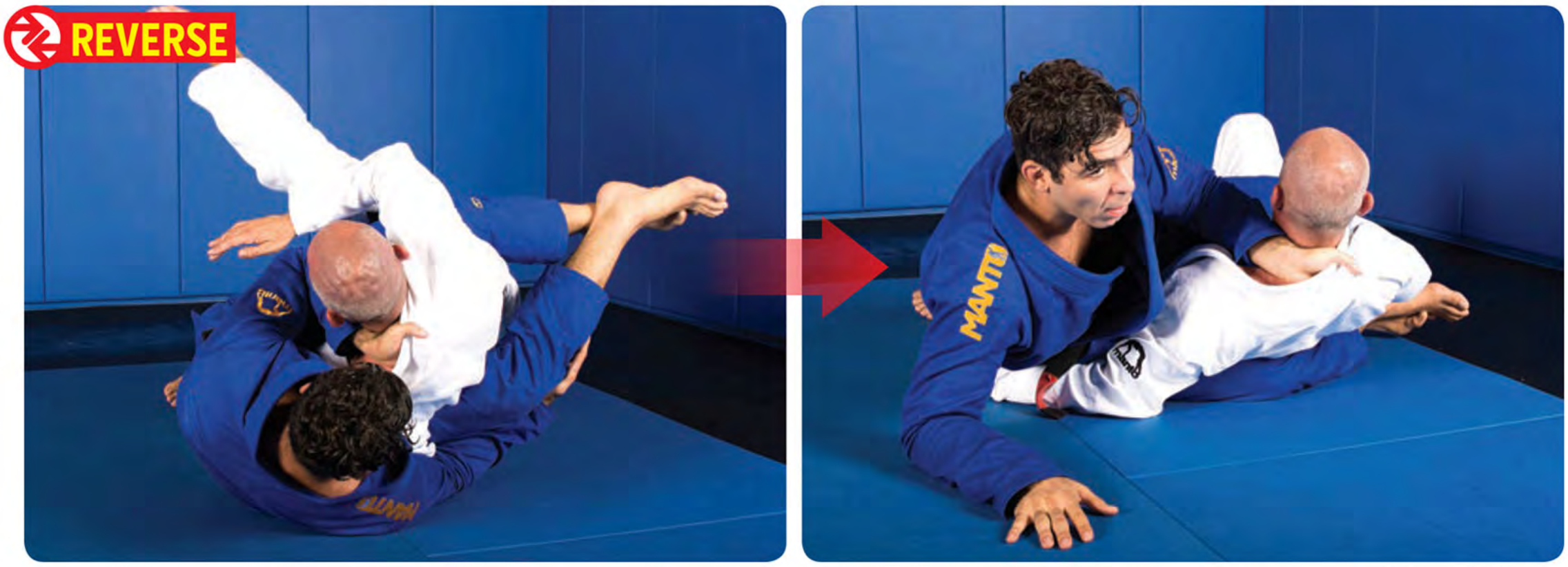
03 In this position, Abraham's opponent is only given one option: posture up. This is when Abraham capitalizes by trapping his opponent's leg with his free hand.

04

Using the momentum of his opponent posturing up, Abraham brings his opponent to the opposite side, onto his back. It is important to maintain squeezing pressure with the legs and to not let go of the collar grip.



REVERSE



05

If Abraham wants to go to the mount position and work from there, he simply punches the collar grip down to the mat and advances to mount.

BUTTERFLY HOOK VARIATION

Instead of posturing up, sometimes Abraham's opponents go heavy on the leg when pulled down. They drive forward, almost sprawling on Abraham's bottom leg, preventing him from fully hip escaping. His movement becomes limited. In order to counter this, he performs a variation utilizing a butterfly hook.

01 First, Abraham simply grabs his opponent's belt.

WATCH VIDEO

02 Next, with his top leg, he applies a butterfly hook to his opponent's near leg.

03 With the butterfly hook, Abraham kicks out and takes the back.

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» ARMBAR FROM BACK TAKE

Abraham has just taken his opponent's back. Most people will opt for a rear naked choke or some kind of collar choke in this position. The problem with this is most people will expect these types of chokes. Abraham will instead use an armbar he his opponent does not expect.

01

When Abraham takes the back, he still holds onto the deep collar grip. Here in this segment we see Abraham trapping his opponent's arm as he attempts to take the back. From here he can attempt to finish the fight with an armbar.

WATCH VIDEO

02

With the free hand he pushes his opponent's head (ear to chin), all while keeping the lapel grip. It produces additional pressure at the opponent's neck while finishing the armbar.

03

Abraham throws his leg over like he would a normal armbar, over his opponent's face.

04

Keeping the grip will help reduce the amount of movement your opponent has while in the armbar position, allowing you to finish the technique.

» TRIANGLE FROM ARMBAR

This transition works well if Abraham's opponent defends the armbar. Perhaps they lift the leg on top of the face to escape, or are able to wiggle free of the armbar. This transition can also be planed for, and a failed armbar is simply the bait for the triangle.

01

When applying the armbar, Abraham's opponent will naturally try to defend. One common defense is to scoop the attacking leg over and tuck under. Abraham allows for that to happen and positions his inside leg into a triangle position.

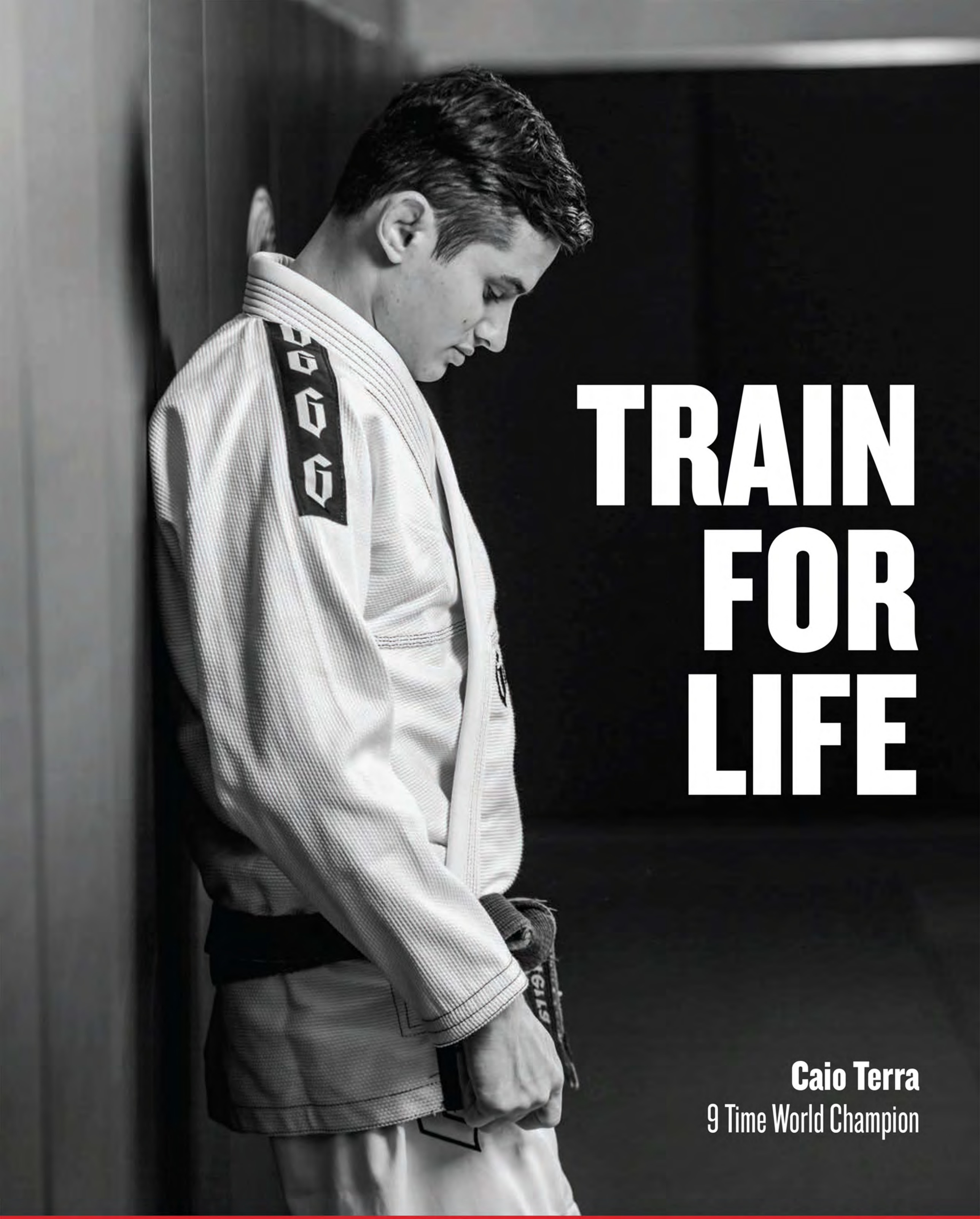
WATCH VIDEO

02

Abraham sits up, and with his outside hand, grabs the ankle to adjust himself into the triangle position. As he sits back, Abraham's outside leg closes the triangle.

03

From here he can attack the arm to finish an armbar or sit up again to grab the far arm. Pulling on the far arm while leaning back, and squeezing the knees together, will create a tremendous force on your opponent's airways causing him to tap.



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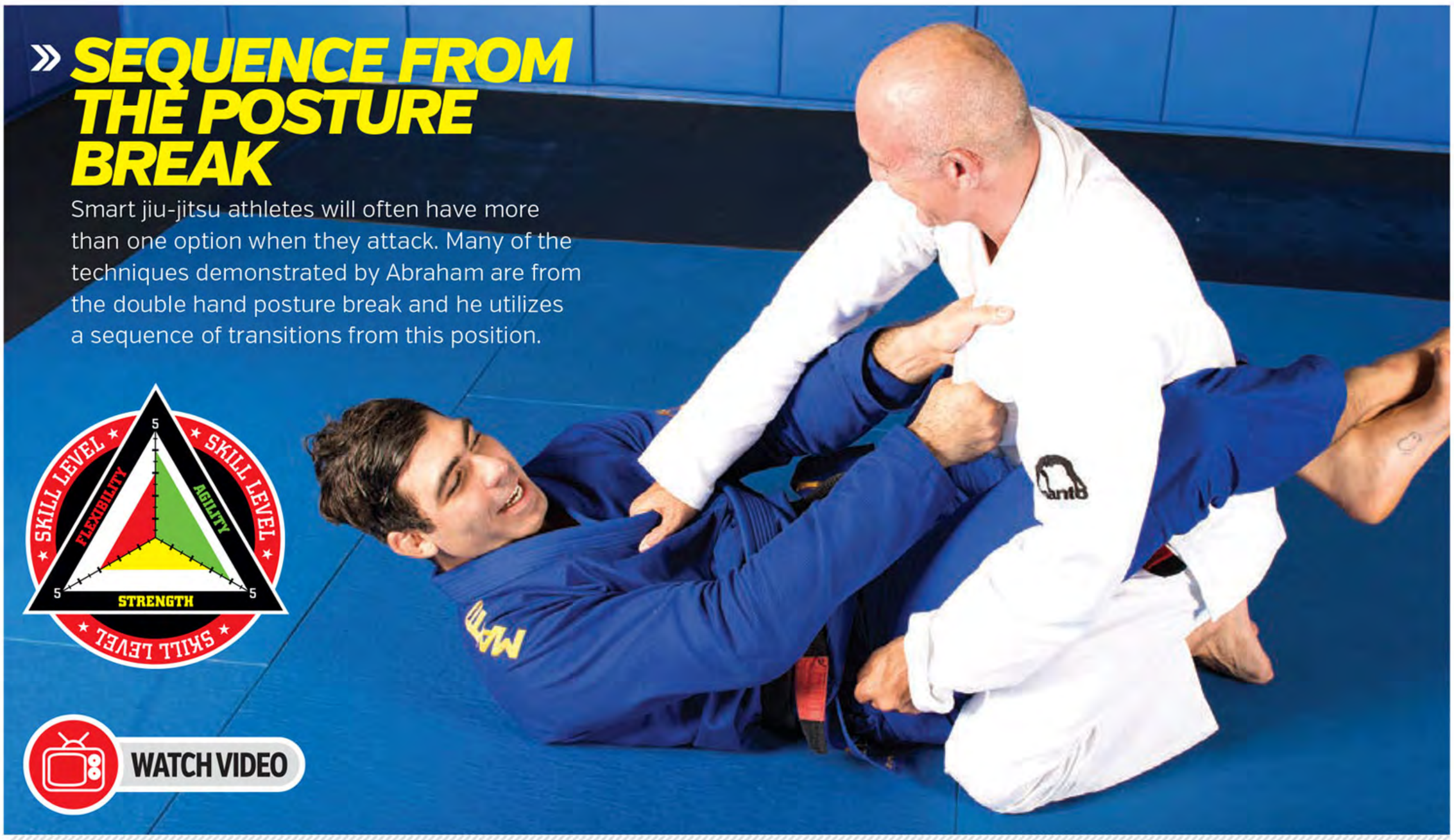
» SEQUENCE FROM THE POSTURE BREAK

Smart jiu-jitsu athletes will often have more than one option when they attack. Many of the techniques demonstrated by Abraham are from the double hand posture break and he utilizes a sequence of transitions from this position.



01 When you go to take the back, your opponent may not tuck his arm in. This leaves his opponent exposed for a Kimura.

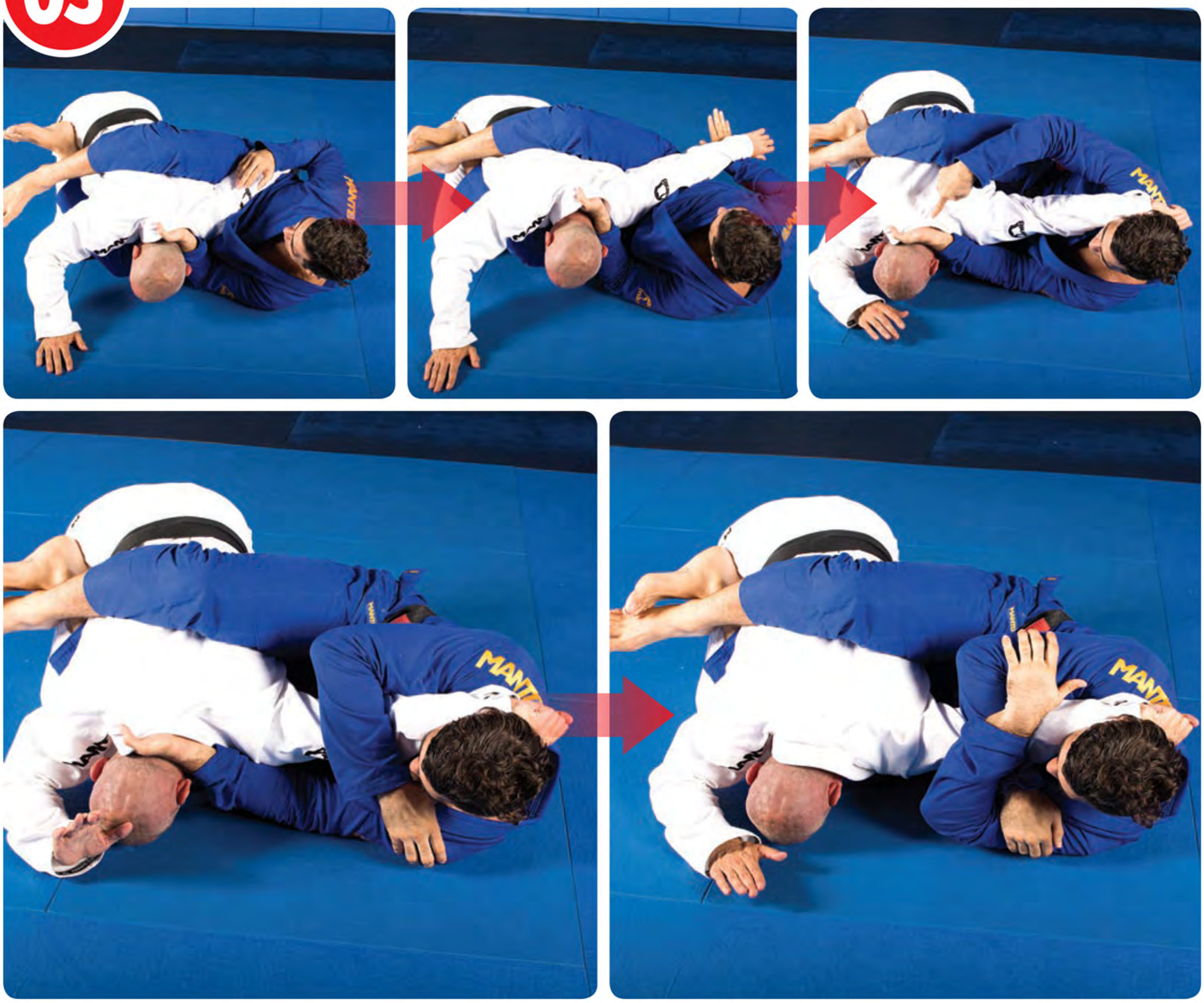
Thanks to Mr. Studio 540, Rob Zeps, for helping us with this article.

02

If you can't get the submission, you can trap your opponent's arm behind him. This leaves him with only one hand to defend a choke.

03

Abraham also keeps the option open to straighten out the arm for an armbar. *jjm*



BUILDING A CHAMPIONSHIP KIDS PROGRAM

Marcelo Cohen's Mission To Secure The Next Generation Of Jiu-Jitsu Through A Championship Kids Program

Dr. Tom Deters

THE WORLD OF JIU-JITSU IS EVOLVING AT AN EVER INCREASING RATE. New, creative techniques are being seen at virtually every major competition, as executed by younger and younger champions. Years ago, a black belt mundial champion in their early 20s was unheard of, but not today – and that stems from the fact that more kids are training jiu-jitsu than ever before – and competing like crazy. The success of local and regional tournaments is largely based on the participation of kids as jiu-jitsu schools continue to crop up offering kids programs.

But therein lies a key difference. Not all kids jiu-jitsu programs are created equal. In fact, in a recent conversation with a well-known world champ, who shall remain nameless, he informed me, "I have a dozen kids right now on frozen memberships because teaching kids isn't my thing and the blue belt I had running the program left town. It really takes someone special to run a good kids/teen program." It takes someone special, indeed.

Enter Marcelo Cohen, Head Instructor of the Armory in Jupiter, Florida. Marcelo is a black belt originally from Rio de Janeiro under Marcelo Saporito (Carlson Gracie), who has won dozens of tournaments and has built one of the most successful kids programs in the jiu-jitsu hotbed of south Florida. The Armory kids' program boasts over 50 regulars aging from age 4 to 15. Every class, every day, the mats are jammed.

5 Keys
To Developing A Successful Kids Program

A SUCCESSFUL KIDS PROGRAM NOT ONLY SECURES A VIBRANT FUTURE FOR JIU-JITSU, BUT ALSO CAN BE A MAJOR SOURCE OF REVENUE FOR SCHOOLS. These five points can serve as a checklist to take your kids program to the next level.

1. Teaching kids isn't for everyone, but it can be for every school.

A smaller, younger, more relatable instructor who can get on the kids' level and make it fun is usually very successful. A kids instructor has to be able to balance mat discipline with a relaxed atmosphere where kids can focus and learn best. According to Cohen, "Kids learn incredibly fast, but they can't be forced. Sometimes an instructor has to vary their approach depending on how the class and/or and individual kid responds and learns best. As an instructor you have to be open minded and do whatever it takes to help the kids learn." Most of all, the instructor has to love kids and enjoy teaching them.

2. Make it a team sport.

"Kids will do more, train harder and do better if they feel connected to their teammates in a positive way. They love being part of something bigger than themselves. Every training session and tournament they are trying to do their best and encourage each other so the team can win. If not they are there to pick each other up and try again" explains Cohen. Team uniforms (gi patches and rash guards), signing up as a team for tournaments, traveling and eating together all build team spirit and unity. It also helps kids feel accountable to their teammates, which offers a great life lesson.

3. Make it fun.

Kids, like adults, do better, enjoy more and stick with things that are fun. Fun can take a lot of forms – it can be doing well, being recognized, using your body and mind together, or being with friends working toward a common goal. "Positive reinforcement is absolutely key. Sure, you need to correct mistakes, but you need to do it with a positive message so they are encouraged, not discouraged" says Cohen. You may also need to break it up, maybe after weeks of preparing for a tournament, and create some games, some of which may not even be directly related to jiu-jitsu. This can help keep things fresh and build team spirit.

4. Serve both your client bases – the kids and the parents.

At the end of the day, the parents have the final say if their kids are going to join and stay with your kids program. Some major factors involved in their decision can be if their son or daughter is enjoying jiu-jitsu and looking forward to coming to class, if their kid talks about jiu-jitsu positively when they are not in class, if they are making new friends that translate off the mat or if the parent trusts and feels connected to the program. "With any good kids program parents are the engine that drive it. They make the sacrifice with time and money for instruction, tournament fees and travel so you need to involve them. You have to make time before and after the class to develop a relationship with each parent. I also suggest a monthly phone call to check in, to have a kind of "parent – teacher conference" to let them know how their son or daughter is doing, to ask for their feedback and let them know that their instructor truly cares," advises Cohen.

5. Incorporate the broader aspects of the jiu-jitsu lifestyle.

Introducing young minds to the benefits of the jiu-jitsu lifestyle is very important to reinforce value for both kids and parents. In a nation of often overweight and sedentary kids, jiu-jitsu offers some of the best exercise available, along with flexibility, strength, endurance, self-confidence, discipline, commitment, perseverance, a sense of accomplishment, increased self esteem....and the list goes on. These traits and characteristics learned on the mat translate to all other aspects of their lives making for a healthier, happier kid better equipped to be successful in life. "A key role of a jiu-jitsu instructor is not only to teach solid, fundamental techniques but to serve as a life mentor to their students. Kids will easily grasp that jiu-jitsu is not something that you just do on the mat, but it is also how you approach life with some great lessons," Cohen says.

There is no question that Cohen himself may have an advantage relating to kids as his walking around weight is about 135 lbs and he looks younger than his years. The kids love and relate to him and as he tells it "I'm just big kid myself." Dozens of his kids have won medals and trophies and swords at tournaments, and as Team Armory they have a trophy case full (literally) of hardware. "Literally every kid in our program competes. It's a wolf-pack mentality - they all want to win as a team." Witnessing his training sessions is amazing in that many of his students, if they were bigger, would be able to give many adults a run for their money in terms of their movement, transitions and technique.

"We are so blessed with so many awesome students who have been winning across all divisions, gi and no-gi, both boys and girls," Cohen shared proudly. In fact, recently, one of his top students 13-year-old Kenny Hauck, who has won over ten belts, won the Kids Abu Dhabi Trials.

But another success that Cohen is equally proud of for his program is raising the most money of any team in a recent "Kids Superfight Tournament." This was a charity event aimed to support research for Caleb's Cure, targeted at a certain type of leukemia. "Kids and parents both know that this is a great cause and loved being involved and using jiu-jitsu to benefit a cause greater than themselves."

Cohen's teaching style is simple, direct and positive. He is always calm and not a "yeller" like he has witnessed from some other coaches at tournaments. The kids and parents trust him – and in his mind that is one of the biggest compliments that he can receive. It seems, with dedicated black belts like Marcelo Cohen, the future of jiu-jitsu is secure, indeed! *jjm*

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LEG LOCKS

WITH GARRY TONON

Garry does know more than just leg locks, but they're his favorite these days.

Mike Velez **Jason Boulanger**

THERE'S SOMETHING SPECIAL ABOUT GARRY TONON. Ever since he first broke onto the jiu-jitsu scene, he's always been one to go for the finish. With the advent of pay-per-view grappling, he's arguably become the number one draw in the field. In fact, Ralek Gracie said in an interview that he offered Garry a $140,000 annual contract to fight exclusively in his promotion. It's the first time that a specific number of this type had ever been bandied about publicly, and it caused quite a stir when released. A war of words erupted after that, but since then, Garry's been pretty open about his intentions and his desire not to be bound to one promotion. He feels the competition is good for the sport, and we agree. Recently, Garry competed against Joao Miyao, a rematch of sorts. The two fought as brown belts in the gi with Joao getting the decision. This time it was Garry taking the win by decision, but a decisive one at that. Garry was relentless in his attack on Joao's legs. With every twist and turn, the crowd let out an audible feeling of shock that Joao's legs were still attached to his body.

Garry started his grappling career as a high school wrestler, later he discovered jiu-jitsu and earned his black belt under Tom DeBlass in Brunswick, New Jersey. When Garry's not on the road he's back home in New Jersey teaching at Brunswick BJJ nearly every day. Garry's nickname is the "Lion Killer" for his use of the Mata Leao (lion killer in Portuguese), also known as the rear naked choke. However, Garry's become known as a leg lock specialist due largely to the fact he's recently been training with John Danaher and Eddie Cummings. Between the three of them there are no legs safe within a hundred yards.

For this article we thought there was no better subject to cover than leg locks. In jiu-jitsu (with the gi), leg locks come in to play for most at brown belt. However, if you're a no-gi grappler, leg locks are commonplace at all levels. No matter your belt rank, in order to become a well-rounded grappler, you must understand the execution and defense of leg locks. Waiting until a brown belt is tied around your waist is a huge mistake. You'll be a guppy swimming in a sea of sharks. Regardless of your belt rank or aspirations of competition, learn the basics of leg locks now! Don't wait. In this article Garry goes over the fundamentals of two of the most common finishes in the leg lock game, the toe hold and the outside heel hook. Garry is going to show us a common entry to a few different leg locks along with a simple sequence you can follow.

WARNING!

Please keep in mind that heel hooks are pretty uncommon at most jiu-jitsu schools and are reserved for use in "submission grappling" tournaments. Understand them, know how they're used, and how to avoid them, but talk to your instructor and fellow training partners before using them during training. Every submission can cause injury at some point; heel hooks can be especially dangerous because of the damage they can cause to the knee. With all submission attempts please use caution when training with partners to avoid injury to both of you.

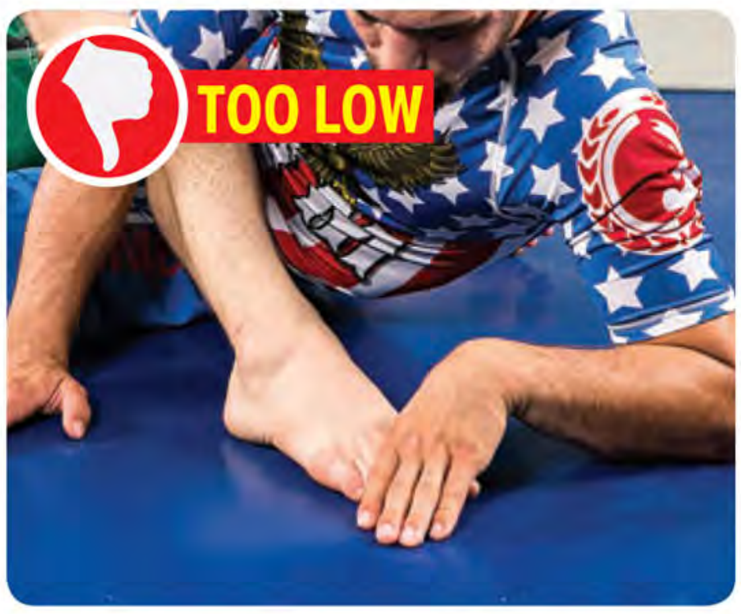
BREAKING DOWN TOE HOLDS AND HEEL HOOKS

Toe holds and heel hooks can be a little confusing when you're first exposed to them. Because many leg locks are only legal in brown and black belt competitions, they're uncommon in many schools. However, in no-gi and submission grappling tournaments they're more common than chokes. Garry's going to break down each finish with us along with the hand placements he likes for each.

TOE HOLD

WATCH VIDEO

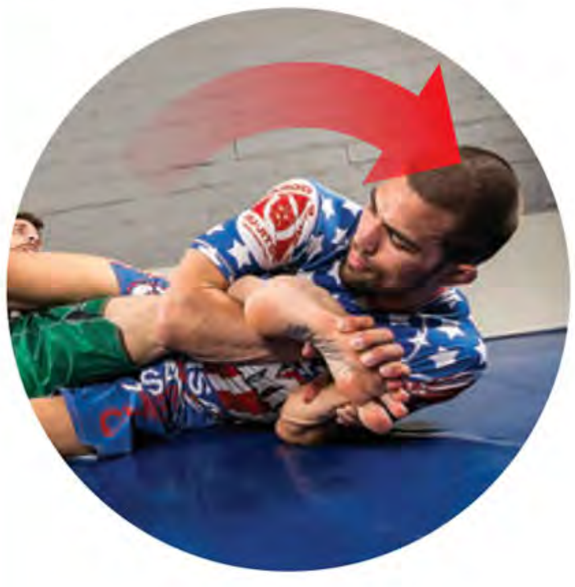
As the name implies, the toe hold starts with a firm hold of the foot, at the toes. Garry likes a grip just above the toes, at the knuckles of the foot. Closer to the ankle means less leverage and less chance of success. Going too far and just holding the toes means you'll probably lose the grip or get penalized for attacking the toes themselves.



What type of grip: There's debate as to which type of grip to use, four fingers with the thumb, or the five finger monkey grip. Garry likes to use the thumb grip so he has a little more control over the foot. If the foot were further away from Garry's chest he might go with the five finger grip.

Placement of the arm: Garry favors being lower on the leg rather than higher up on the calf. Being higher up is too difficult to get a good grip of his own wrist.

Twisting: Many people try to finish by simply pushing the foot down and then they forget the twist. Garry finishes by always trying to "twist" the foot, while also pushing down.

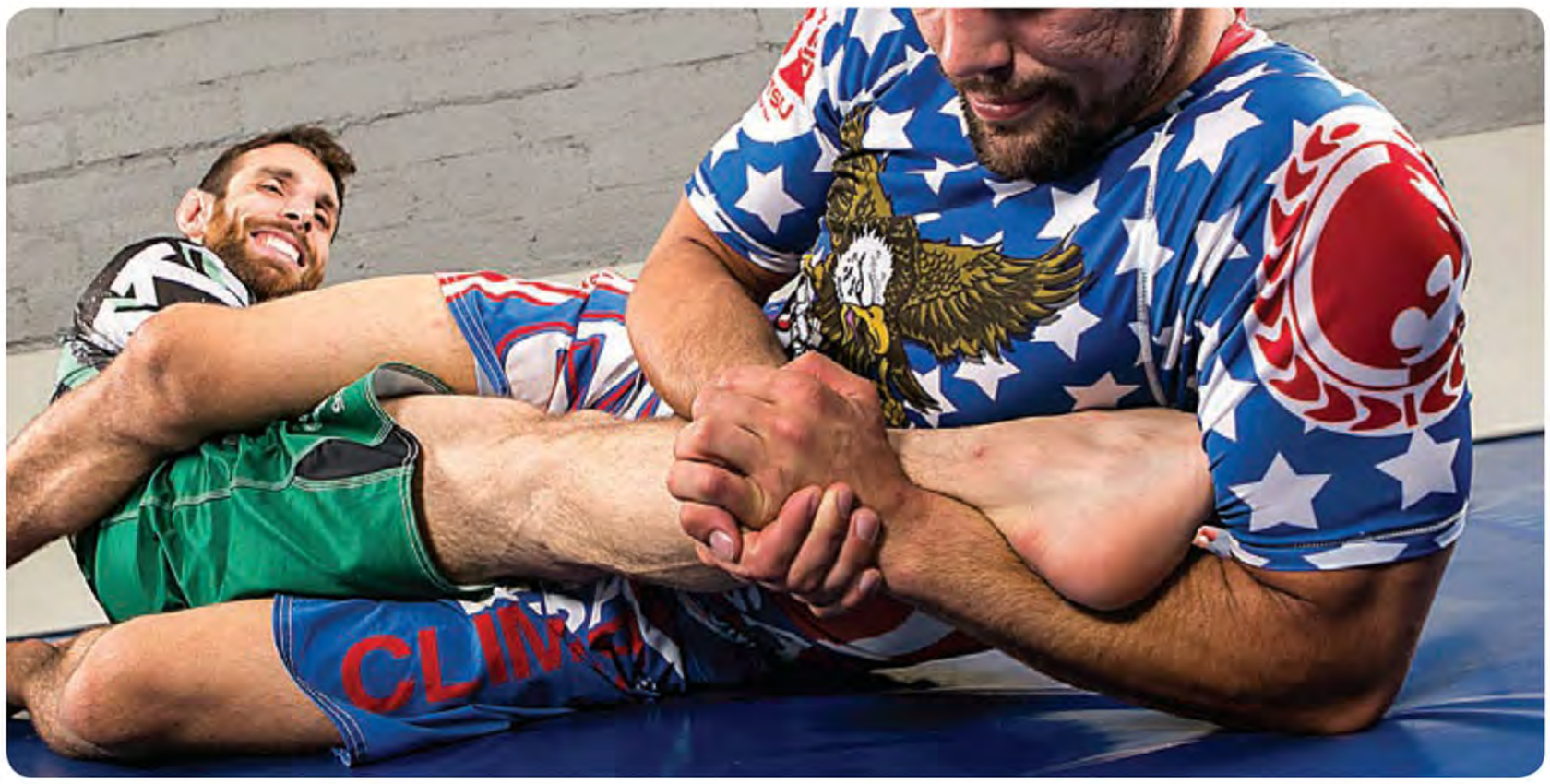


» HEEL HOOK

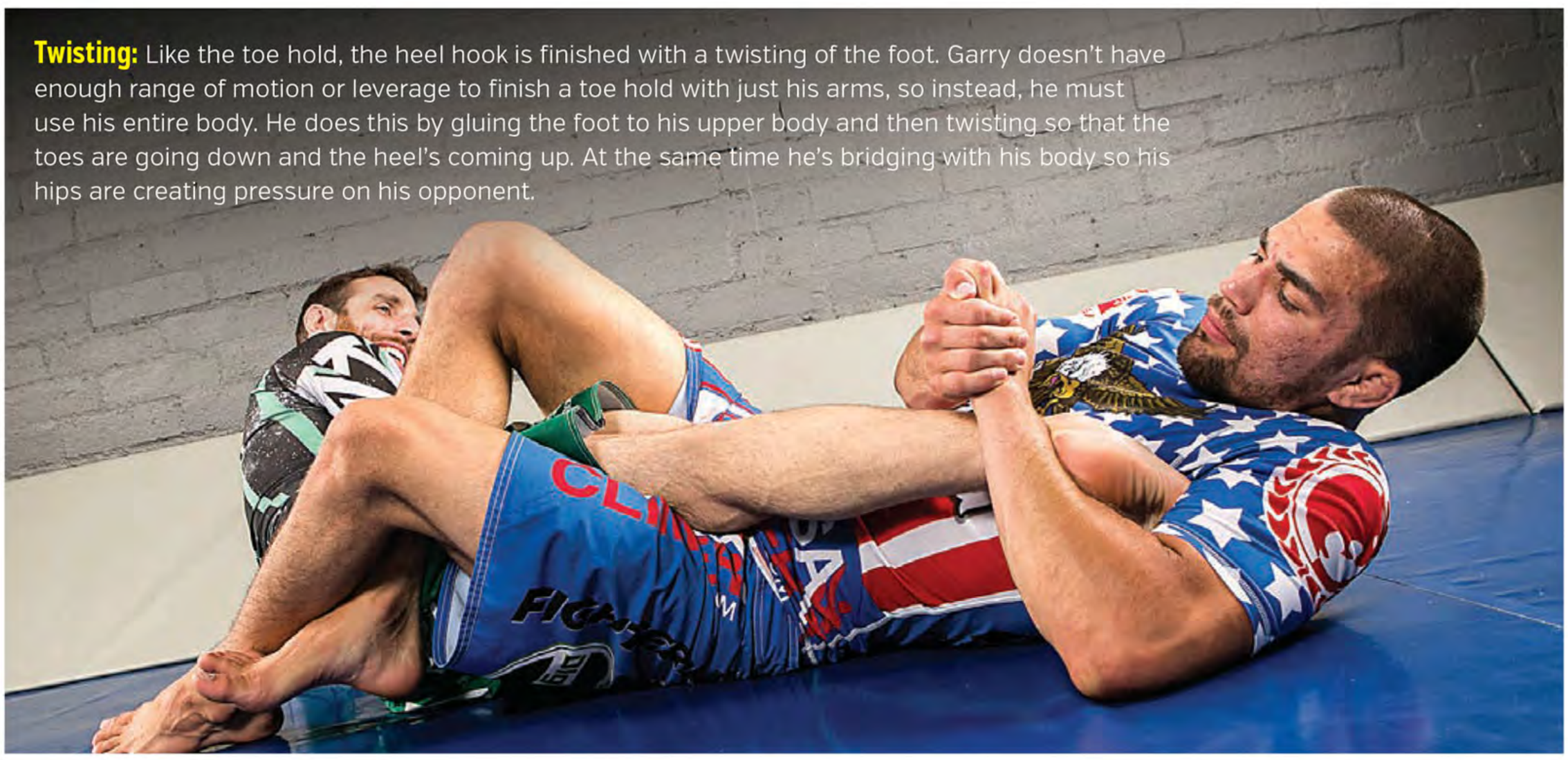
Specifically an "outside" heel hook. This is a very similar finish to the toe hold, essentially you're finishing with the same pressure being put on the foot, but with just a different hold of the foot and application of pressure.

Toes in the armpit: Instead of holding the toes with his hand Garry places the toes of the foot in his armpit. Once in there he has to keep his arm tight against his body so that the foot doesn't become loose and slip out. It's important not to feed those toes in too deep, the heel must remain exposed so that you can get your forearm against the Achilles, not the bicep.

Gripping the hands: Garry likes the palm-to-palm Gable grip popularized by wrestling legend Dan Gable. When Garry grips, his wrist and forearm are putting pressure on the Achilles tendon just above the heel. When Garry makes that grip he pulls all the slack out of his opponent's leg, with the grip and the arms tight to his body.



Twisting: Like the toe hold, the heel hook is finished with a twisting of the foot. Garry doesn't have enough range of motion or leverage to finish a toe hold with just his arms, so instead, he must use his entire body. He does this by gluing the foot to his upper body and then twisting so that the toes are going down and the heel's coming up. At the same time he's bridging with his body so his hips are creating pressure on his opponent.



» ATTACKING FROM REVERSE DE LA RIVA

For many of the leg attacks in this article, Garry's going to start off from a position that originates from the reverse De la Riva. The RDLR is similar to a half or quarter guard position. The person on the bottom has his inside leg wrapping around the inside leg of the person standing. The person on the bottom is controlling that leg with a hold of the ankle. This entry to the attack can also be used from quarter-guard or half-guard by moving up to a squatting position you see Garry in.

01

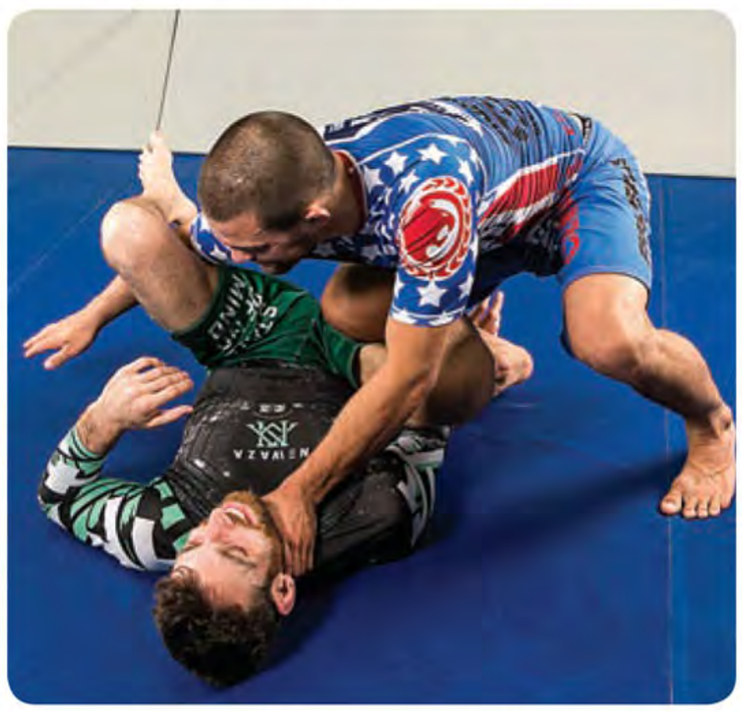
Starting from the reverse De la Riva, Garry needs to get low and limit Eddie's ability to get his head between his legs. Otherwise, Eddie can create all sorts of craziness if that happens.

02

To keep Eddie from rotating around to get under him, Garry uses some type of post against him, usually a C-Grip, either on Eddie's neck, shoulder or head. If Eddie manages to clear the post, Garry works to get it back right away.

03

Next, Garry needs to get an inside control of Eddie's left leg. First, he grabs the leg near the ankle and pushes it away. As Eddie tries to pummel his leg in, Garry quickly scoops his arm under the knee and pulls it tightly in toward himself.

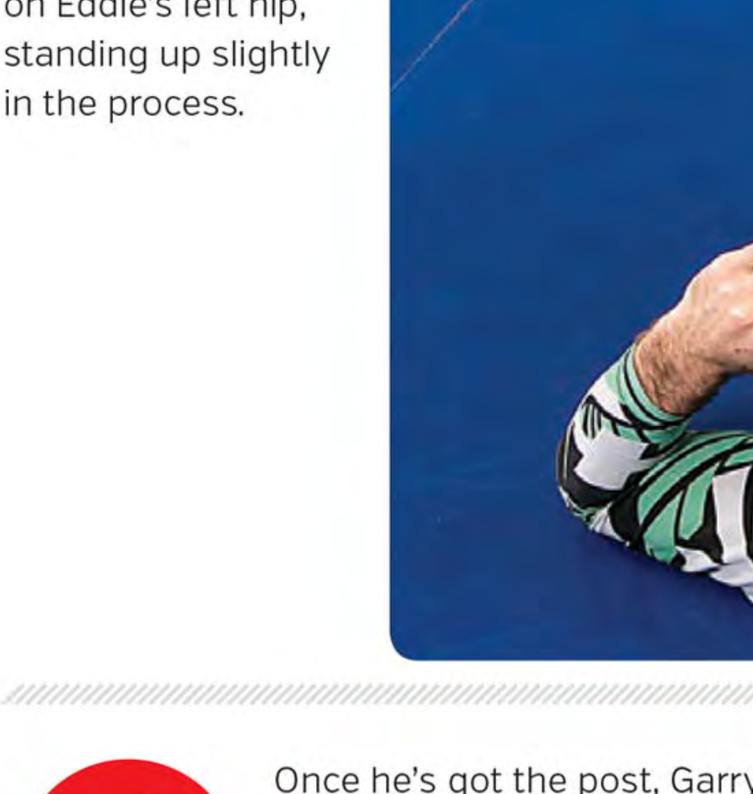


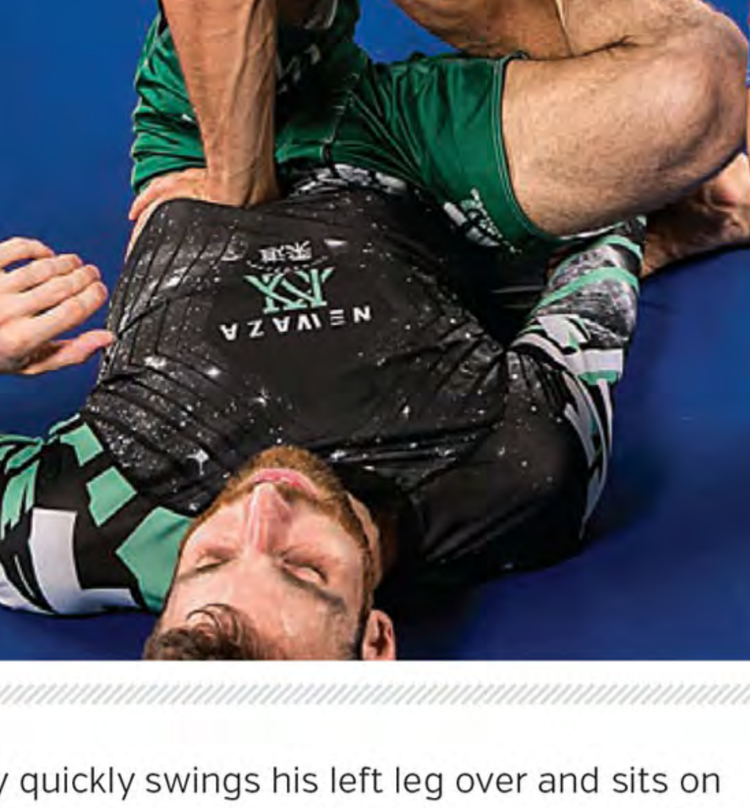
04

Garry brings his left hand to post on Eddie's left hip, standing up slightly in the process.

05

Once he's got the post, Garry quickly swings his left leg over and sits on Eddie's chest. Garry has control of Eddie's leg with his arm pulling it tightly.





NOTE:
In this position, with control of the leg it would be very difficult for Eddie to escape

Now Garry's ready to go for multiple attacks on Eddie's legs.

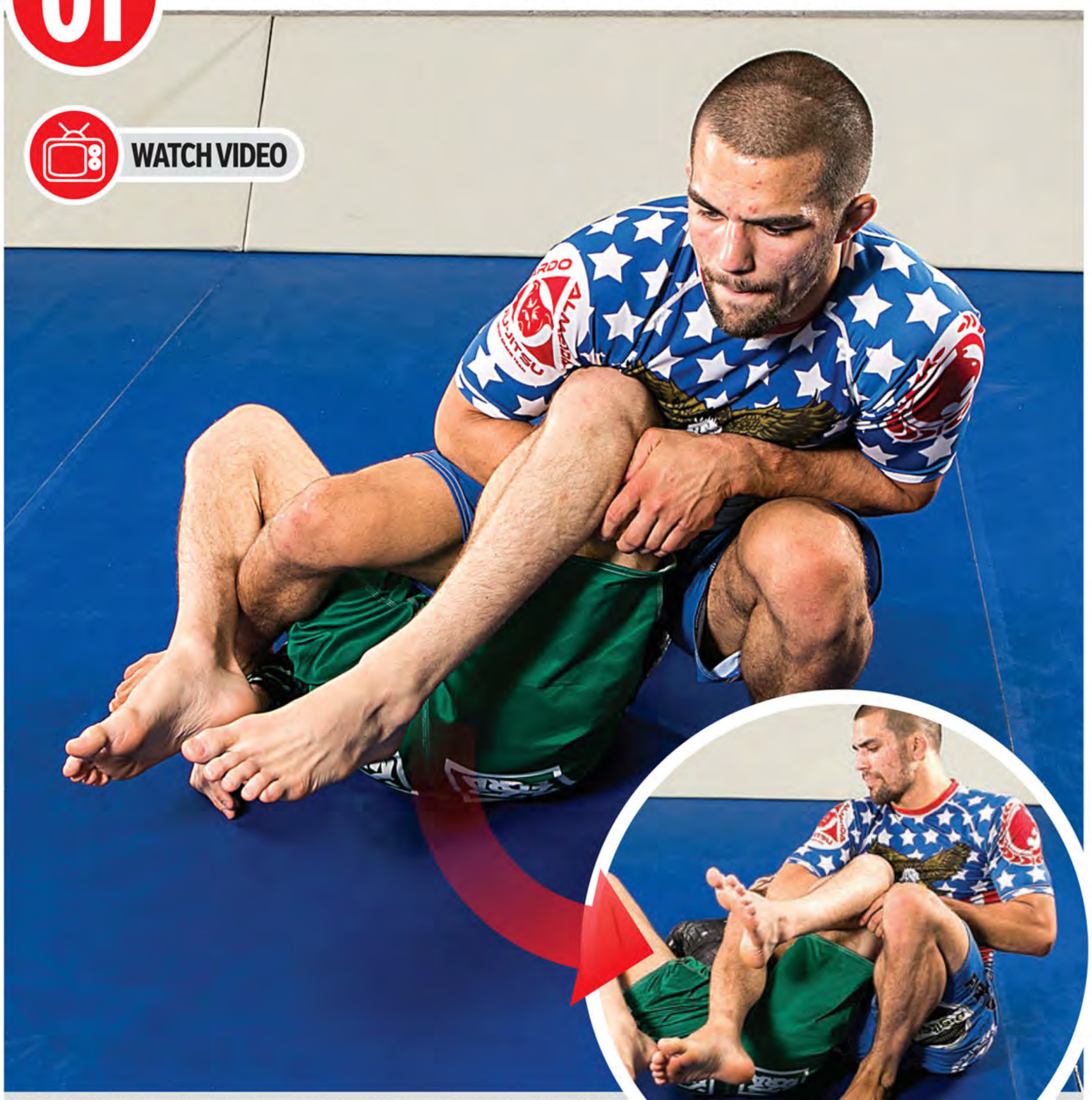
» INVERTED HEEL HOOK *[SUBMISSION GRAPPLING ONLY]*

This is a submission that Garry attempted on Joao Miyao at the FIVE Grappling Super League. To the surprise of everyone who saw the match, Joao did not tap, however, most mortals, or those who enjoy walking, would quickly submit to this finish when applied correctly. Please keep in mind that this is a finish that's only legal in submission grappling tournaments. It's not legal in most sanctioned tournaments like IBJJF or those following their rule set.

01

Starting from the seated position on Eddie's chest, Garry slides off to the left side of Eddie as most people would to go for a kneebar.

WATCH VIDEO



02

Garry then triangles his legs, right ankle under left knee, to control Eddie's leg while protecting his own legs.

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03 Now, Garry brings his arm over, trapping Eddie's toes into his armpit.

04 With his left arm, Garry pulls his left wrist against Eddie's heel and pulls it up nice and tight.

05 Garry brings his hands together with a Gable grip (palm to palm) while keeping tension on the heel by elevating his arms towards his head.

06 To finish, Garry isn't thinking about ripping Eddie's leg across his body, instead, he just needs to twist the foot. Garry does this by looking toward his right shoulder, elevating the heel, and putting some hip into it by bridging.

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» TOE HOLD
[SUBMISSION GRAPPLING, BROWN, BLACK]

This is a foot lock that's legal in the gi at the brown and black belt level, it's also legal at most no-gi submission tournaments. Garry uses the same entry as before, whereby he's sitting on Eddie's chest while controlling the target leg.

01

Instead of dropping to his side, Garry reaches with his left hand to hold the foot while pivoting to his left and bringing his right knee down to the mat.

WATCH VIDEO

NOTE:
You'll note that Garry is almost perpendicular to Eddie.

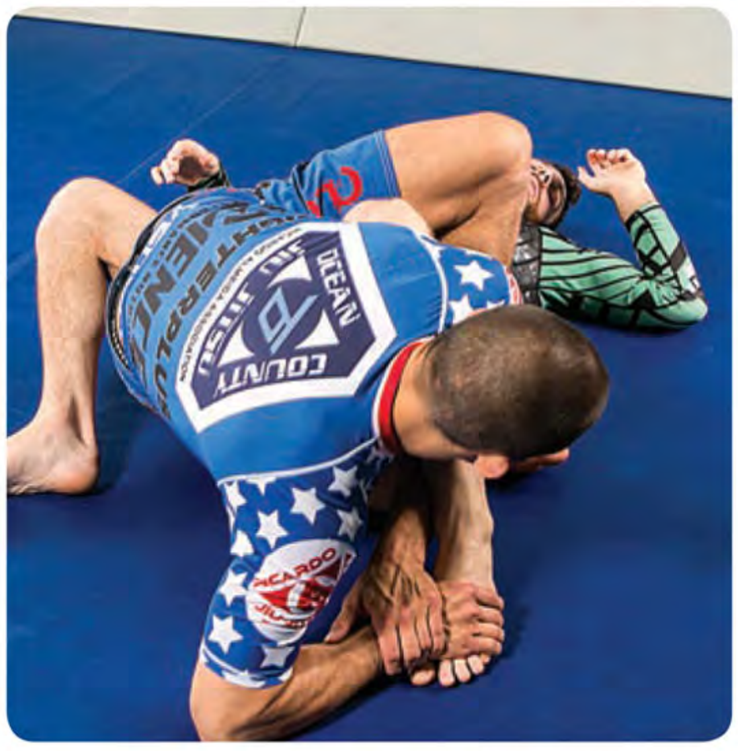
02

While controlling the foot with his left hand and arm, Garry pulls his right hand out from between Eddie's legs and grabs the top of Eddie's foot, just above the toes.

03 Garry brings his left arm under Eddie's leg and grabs a hold of his own wrist for a Kimura grip.

04 With control of the foot and leg, Garry drops to his right side. If Eddie were to kick his leg out to break the grip, Garry would plant the foot on the mat to help defend the escape.

05 To expose Eddie's hips and get more control of the leg, Garry rotates his body to his left side. Once Eddie's hips are off the ground, Garry crosses his legs to help pull Eddie in.



06 To finish, Garry keeps Eddie's knee bent as he twists to his left, twisting the bones in Eddie's foot to finish the toe hold.

» TOE HOLD TO HEEL HOOK TRANSITION

Many of us are familiar with common transitions when attacking the upper body. The transition between armbar, to triangle, to omoplata is a common one, probably the first sequence we all learn. There are many sequences that we can transition from as we become more aware of leg locks. This one that Garry is going to show us is from a toe hold attempt that your opponent defends by stretching his leg out. Garry will go from the toe hold to an inside heel hook.

01

Garry's going to get a grip of Eddie's toes to lock up the Kimura grip, but Eddie kicks his left leg out.

02

Rather than continue to attempt the toe hold, Garry falls back, pulls himself closer to Eddie and passes the foot, with the toes in, into his armpit.

03

Once the toes are in the armpit, Garry tightens his right arm against the heel to keep it from going anywhere.

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04

Next, Garry locks up his hands with a Gable grip.

05

Garry rolls to his back, locks up his legs and twists his body along with his legs to finish. The idea is for Garry to twist so that he's pulling the heel up towards his head. Be sure to have a strong grip of the heel because this is a slightly harder finish to get than the inverted heel hook.

NOTE:

A common defense to this submission would be for Eddie to roll to his right. In this case, Garry would continue to attempt the submission, and if he couldn't get it, he would abandon it and go with something else.

» HEEL HOOK COUNTER TO TOE HOLD

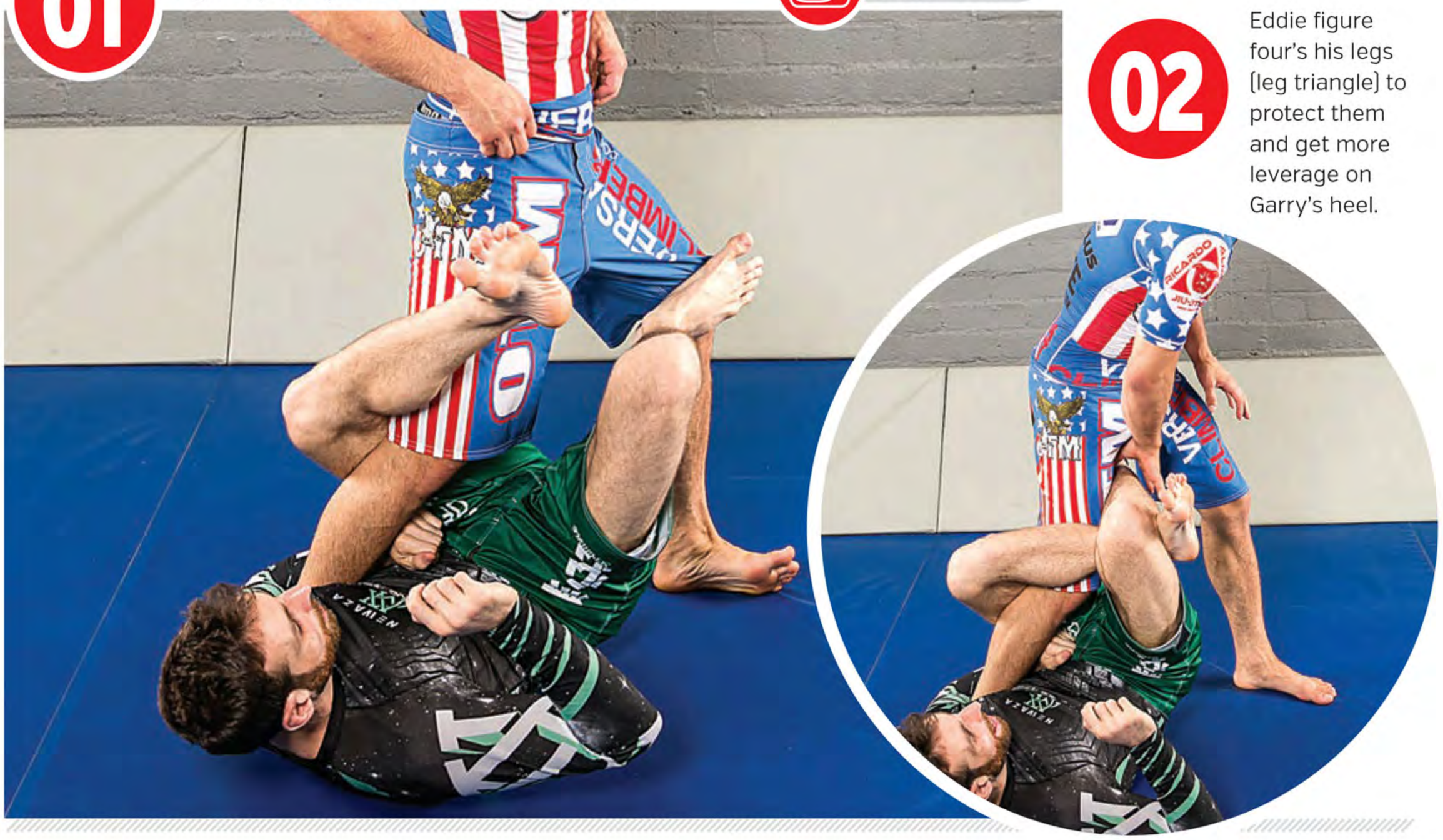
[SUBMISSION GRAPPLING ONLY]

This is a technique that might seem very specific to the circumstances, but is actually quite common at submission grappling events. The circumstance arises if Garry's standing and Eddie goes for a heel hook. Lots of times the person going for the heel hook will figure four his legs for protection, but will then end up exposing himself to this.

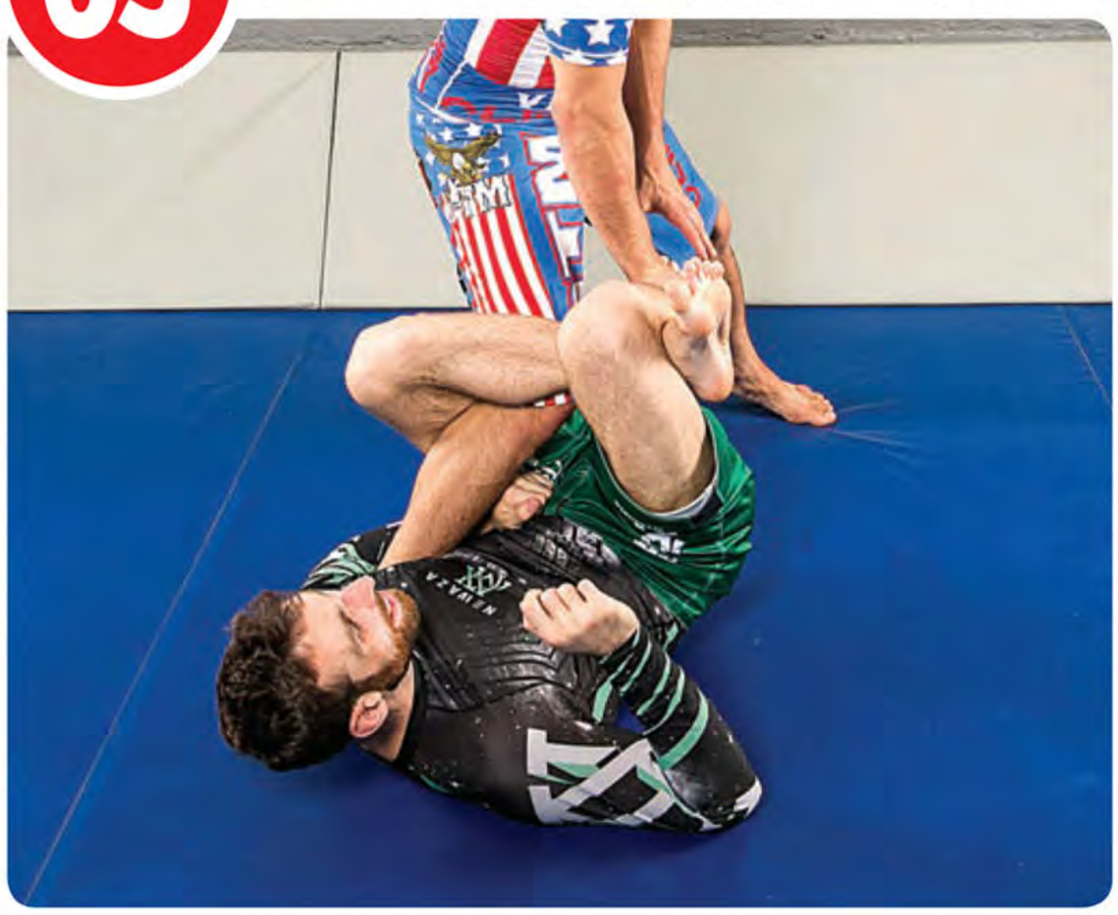
01 Eddie is trying to sweep Garry and it's not working, so maybe he pushes Garry's far leg away to expose the heel for a heel hook.

WATCH VIDEO

02 Eddie figure four's his legs (leg triangle) to protect them and get more leverage on Garry's heel.

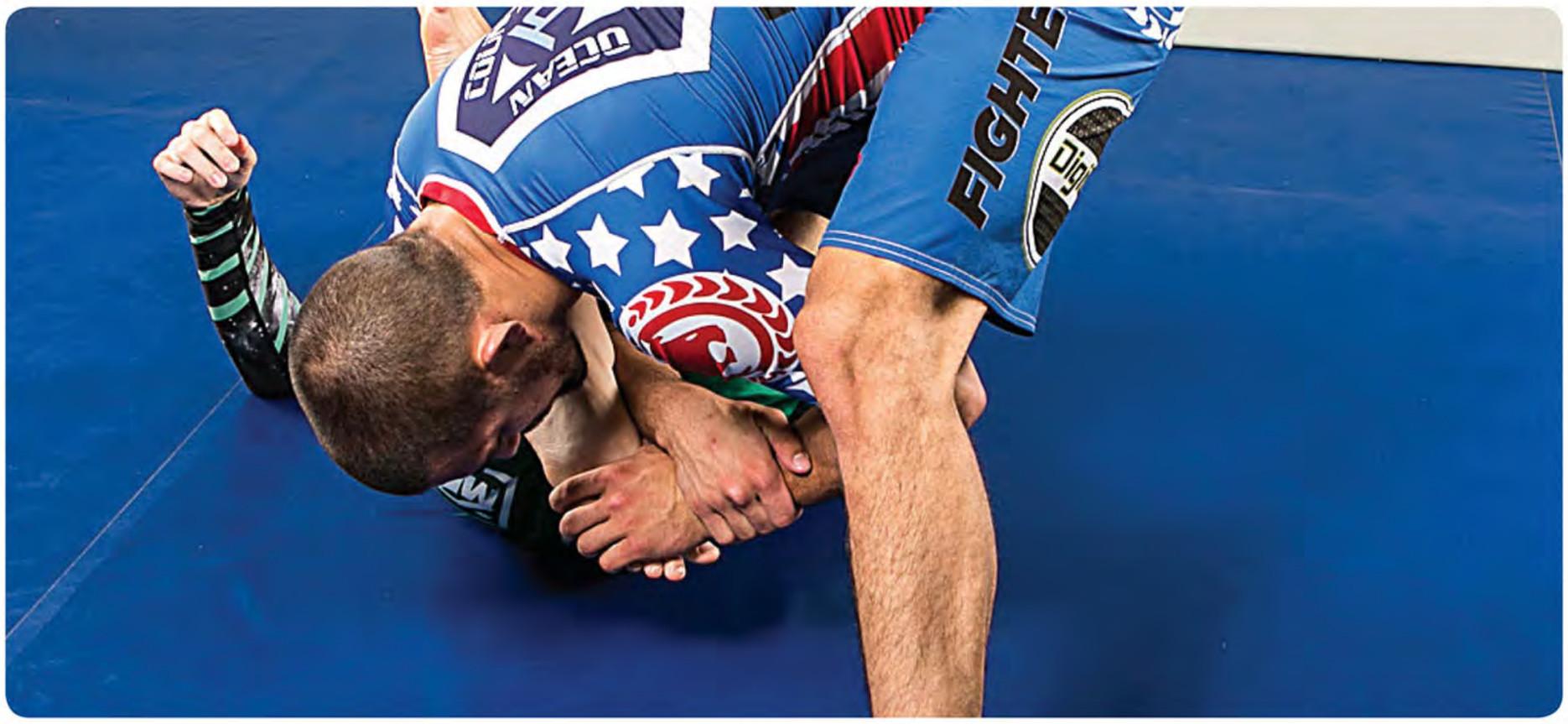


03 This is a critical error on Eddie's part. The moment that Garry realizes his opponent has isolated both of his own legs he steps his left leg out and grabs a hold of Eddie's right leg, pushing it down



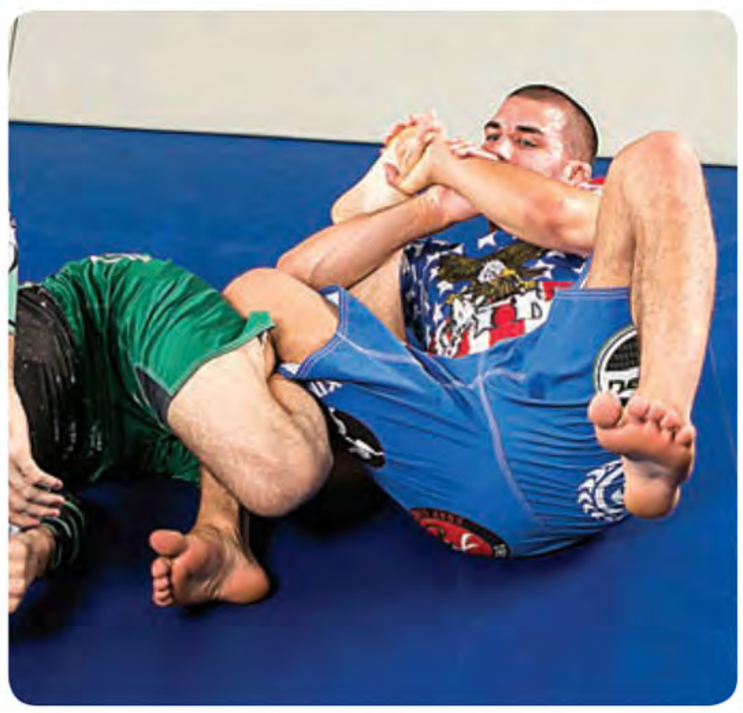
04

Garry passes his right arm over and under Eddie's leg and locks up the Kimura grip.



05

Instead of trying to finish on his feet, Garry's going to roll onto his shoulder and then to the mats. From standing he wouldn't have enough leverage to finish the toe-hold.



06

Garry ends up in a position where he's facing Eddie's butt. To finish, all Garry needs to do is push Eddie's toes towards his butt. No amount of shrimping will let Eddie escape because both of his legs are locked up from Step 2. *jjm*

RASH GUARD BUYERS GUIDE

Patrick Flores

PRIOR TO TRAINING IN JIU-JITSU, ALL I KNEW ABOUT RASH GUARDS CAME FROM THE WORLD OF SURFING. Surfers use rash guards to protect themselves from rashes (duh), and sunburn. They'll often opt to wear rash guards when the weather is too warm for a wet suit. Though most jiu-jitsu practitioners don't have to worry about sunburn, the rash guard eventually made its way into grappling.

There are as many brands of rash guards as there are gi's. All advertise different features, materials, and fits. This guide will help answer the questions you may have about grappling rash guards so you can make an informed decision should you decide to purchase one.

Do I need a rash guard?

You'll probably wonder if a rash guard is even right for you. If you train in no-gi jiu-jitsu, it's a must. Some academies require a shirt or rash guard be worn under the gi.

You may think that old T-shirt has been working just fine, right? Possibly... but it's definitely not ideal for performance. Cotton t-shirts are fine if you plan to lift some weights at the gym, but jiu-jitsu is, as you know, a much different activity. As jiu-jitsu practitioners we sweat profusely and our bodies are in constant contact with one another. A regular t-shirt just doesn't provide the features and benefits a rash guard does. Rash guards will wick away moisture, keep you cool, and not rip or stretch as easy as a typical t-shirt.

Another reason to consider wearing a rash guard under your gi is for comfort. The gi material can become quite rough over time. Several washes and that brand new gi that once felt like a snuggie feels more like an emergency blanket. The material your gi is made of can become rougher over time. Rolling with a stiff gi can get annoying and uncomfortable. Wearing a rash guard under the gi will help alleviate a lot of this. Some gi's now even come equipped with built-in rash guards. These jackets have material inside that mimics a rash guard and its functionality.

As the name suggests, rash guards can also help prevent rashes. All the skin-to-skin contact in jiu-jitsu can cause chafing, itching, etc. A rash guard can help prevent a lot of these unwanted conditions. When training on a daily basis, rash guards provide a barrier between your skin, and whatever could be on the mat. Depending on the rash guard, some are designed with anti-bacterial materials/coating.

Short or Long Sleeve?

Now that you've decided you want to get a rash guard you have to choose between the many options. The first option that you'll come across when you buy a rash guard is short or long sleeve. This is a matter of personal preference and what you are more comfortable in. No-gi grapplers, in particular, have certain preferences.

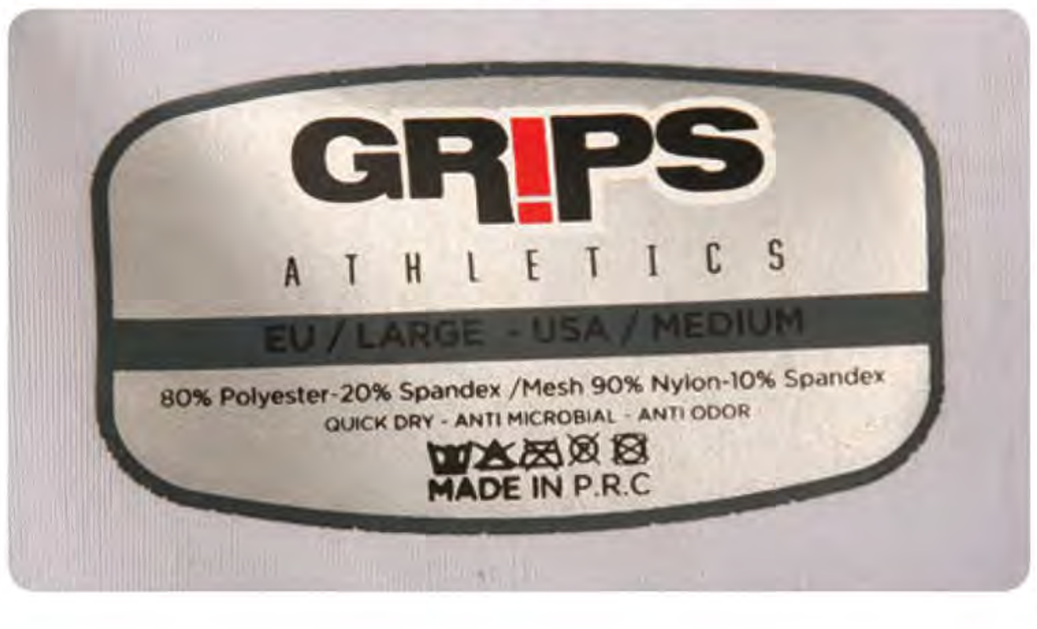
Long sleeves would protect your forearms more from any bacteria, and claw marks/scratches you may get when rolling with others. In addition, some grapplers like having the sleeves as they can help provide some additional grip while choking and help prevent someone's head from easily slipping out due to sweat.

Some grapplers prefer short sleeves because it's more difficult for an opponent to establish a good grip when people sweat. It becomes harder to establish wrist or forearm grips on your opponent.

If you look at no-gi competition, it's common to find a combination of both. It really depends on personal preference, and arguments can be made on both sides.

MATERIAL

Rash guards are typically composed of a mix of different fibers. Most are a blend of polyester and lycra (spandex). This combination provides the stretch, breathability, and durability that rash guards are known for.


GRIPS
ATHLETICS
EU / LARGE - USA / MEDIUM
80% Polyester-20% Spandex /Mesh 90% Nylon-10% Spandex
QUICK DRY - ANTI MICROBIAL - ANTI ODOR
MADE IN P.R.C

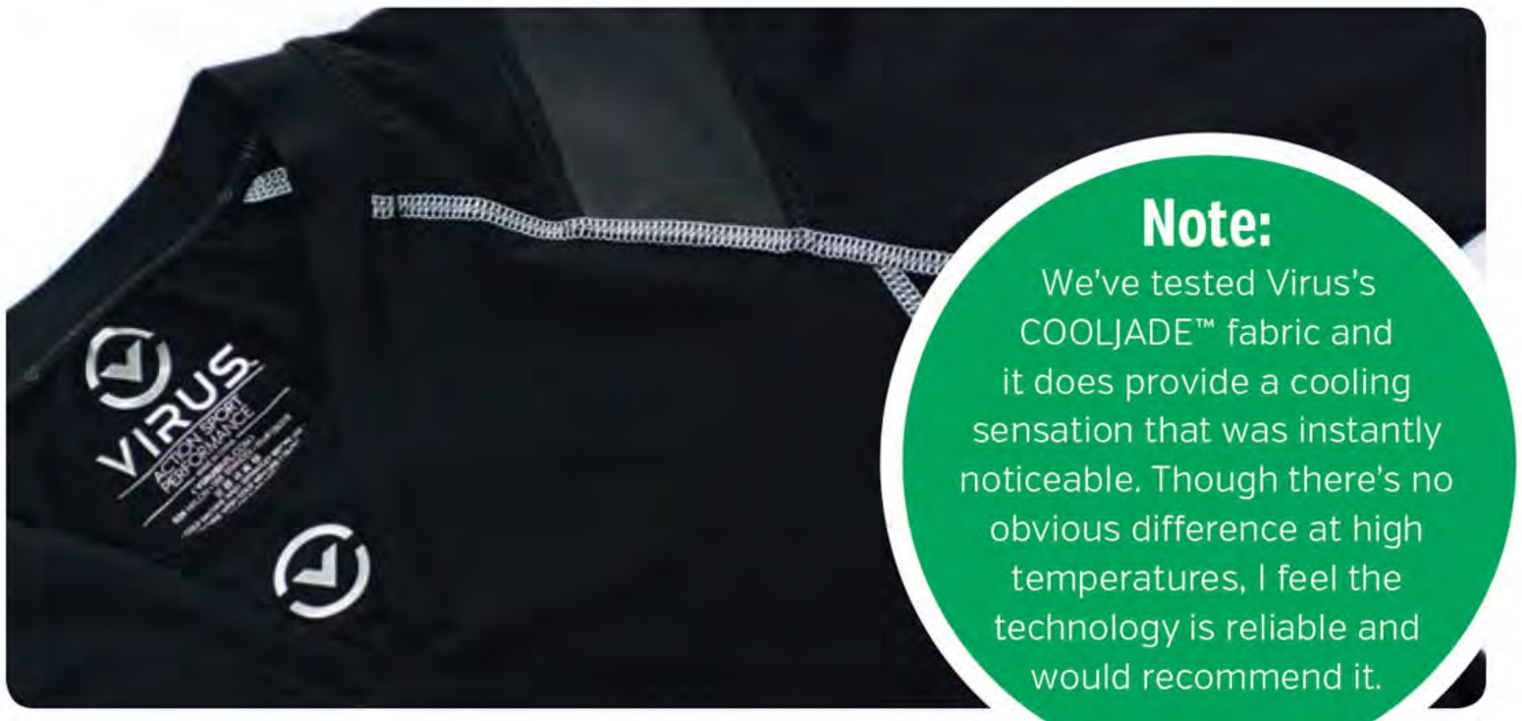
Depending on the manufacturer and the design, the different blends will provide different feel and performance. Rash guards with more polyester tend to be thicker, and noticeably more textured. You'll be able to feel the blends that are made with more polyester. They also tend to be less breathable.

A blend of polyester and spandex provides a smoother feel against the skin with more breathability. This blend still remains quite strong and stretchy. Most rash guards you will find are 80-95% polyester and the remaining difference being spandex.

Some companies replace polyester with nylon. It's actually stronger than the polyester, but it comes at a steeper price. Nylon blend rash guards, however, are superior in comfort, and feel like silk against the skin.

Companies like Virus make a high quality nylon blend rash guard. They're not only comfortable and well made, but they also have what they call COOLJADE™ fabric technology.

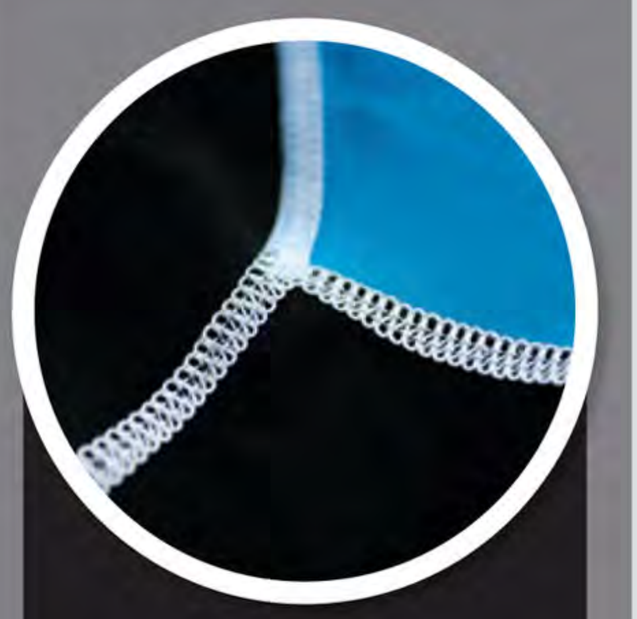
Jade is normally just an ornamental rock that is green in color. It's commonly found throughout Asian culture and used to make jewelry, statues, and other items. The material itself is known, however, for having cooling properties. Companies like Virus have found a way to combine the jade into the fiber of their rash guards and compression gear. The result is fiber with cooling properties. Simply put, when your body heat rises, the rash guard will help cool your body.



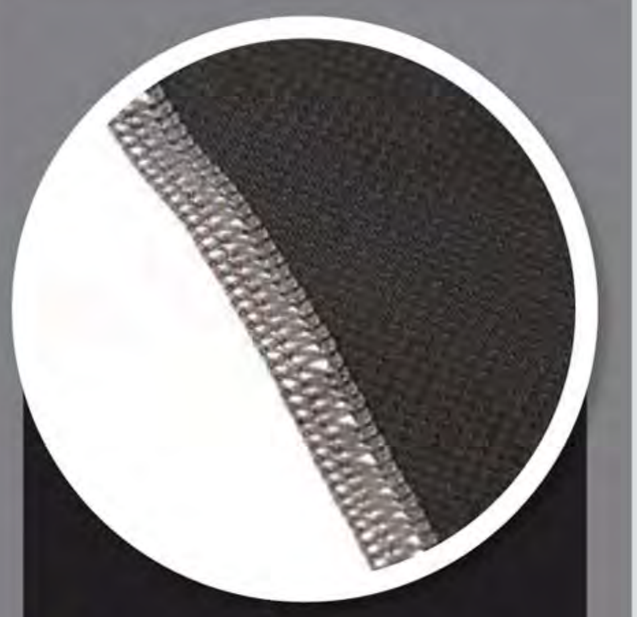
Note:
We've tested Virus's COOLJADE™ fabric and it does provide a cooling sensation that was instantly noticeable. Though there's no obvious difference at high temperatures, I feel the technology is reliable and would recommend it.

STITCHES

➤ This is an example of a plain seam finished by overlocking both pieces together. It gets the job done but will show wear quickly with regular use.



➤ This is a common flatlock seam found in most rashguards. It lies flat so there's less friction between it and your skin.



➤ This is a flatlock seam with a high resolution stitch. It's durable and almost frictionless against the skin.

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FIT

This is the most important step when purchasing a rash guard and probably the most difficult. any of us purchase rash guards online, so it's difficul to always tell which ones will fit better.

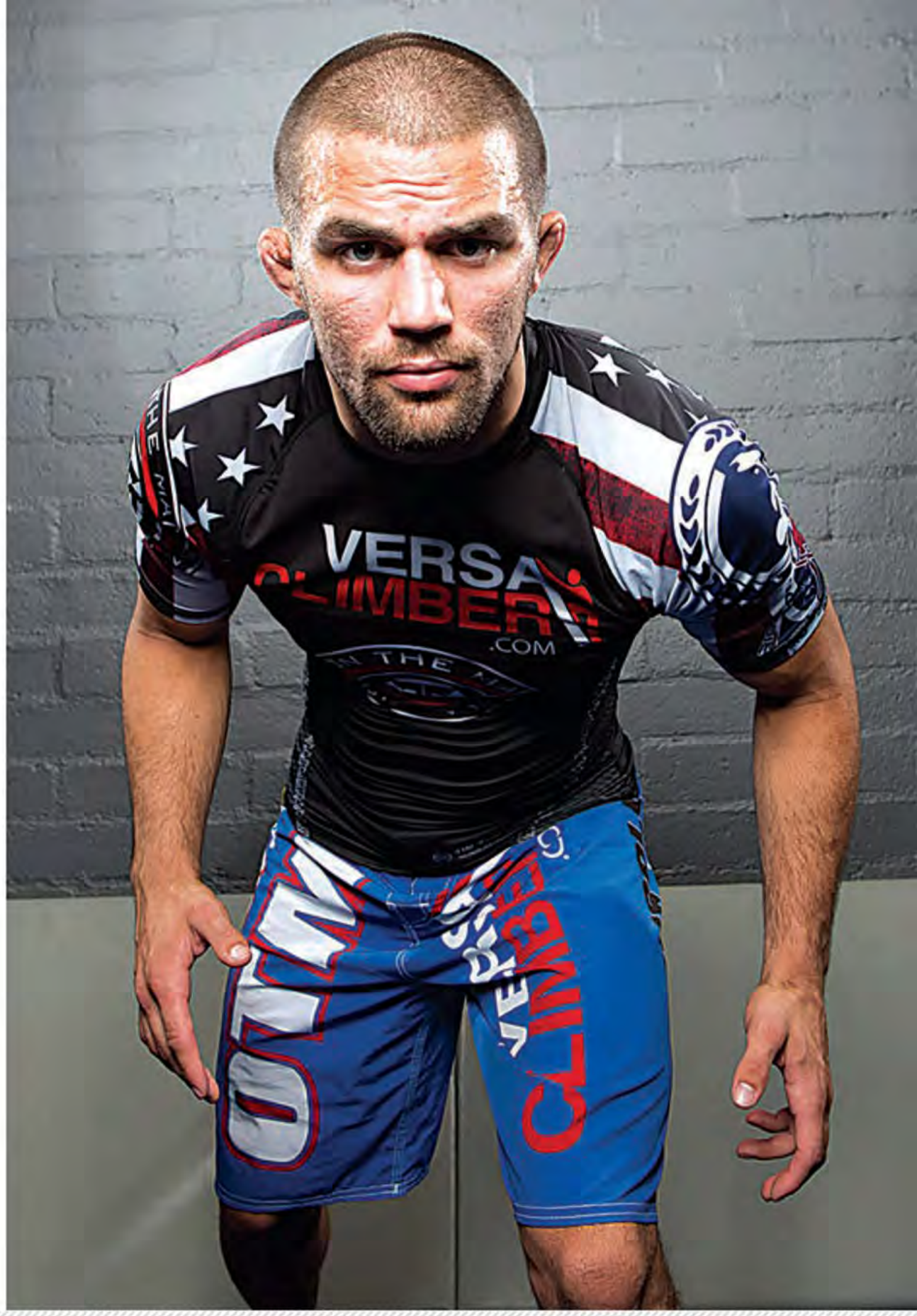
You'll primarily run into two different kinds of fits when it comes to rash guards; compression fit or regular fit.

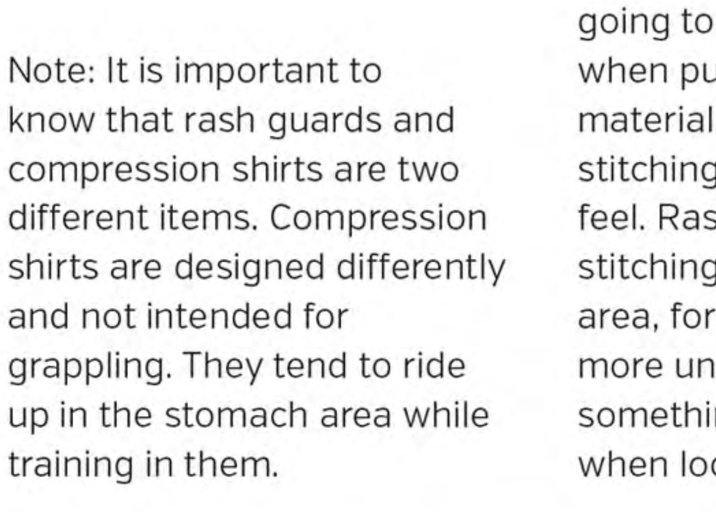
Note: It is important to know that rash guards and compression shirts are two different items. Compression shirts are designed differently and not intended for grappling. They tend to ride up in the stomach area while training in them.

Depending on the manufacturer, these terms will be called something different. Essentially, a compression fit is just a skintight fit that will hug your body. Compression fits will feel like a second layer of skin. They will move as you move. A regular fitting rash guard will fit a bit looser. It will fit more like a fitted t-shirt. These work well for working out or for jiu-jitsu.

It is important to note the stitching when considering fit. Major brand rash guards are going to use proper stitching when putting together the material. The location of the stitching will impact fit and feel. Rash guards that have stitching under the armpit area, for example, can be more uncomfortable. It's something to keep in mind when looking at rash guards.

It's a personal preference, but I personally consider fit a huge factor when purchasing rash guards.





EXTRAS

Some rash guards will have extra features. Some of the more unique ones I've found were the ones with more "breathable" patterns, along with patterns designed to improve grip. Features like breathability will be noticeable, however, other features like improved grip I feel are more theoretical.

Though these features are interesting, I tend to place them lower on my list for rash guard "must-haves."

STYLE

Jiu-jitsu is full of personality. People from different professions, cultures, and from different parts of the world come together to grapple. Expressing individuality is really important and it often comes out in rash guards. Manufacturers are more liberal with the way rash guards are styled. Some are classic and provide a clean look, while others are as flamboyant as possible. Some rash guards are a work of art, and others have become iconic in jiu-jitsu.

The no-gi grappling world has carved out its own style in the jiu-jitsu world. They tend to sway away from the traditional look of your IBJJF competitor.

RASH GUARD CARE

Taking care of your jiu-jitsu gear will expand your gear's lifespan. Rash guards need to be washed properly in order to maintain their durability. Depending on the material, they will be washed in different ways. Check the label or instructions on how to properly care for your rash guard. For the majority of them, wash in cold water, with no bleach, no dry cleaning, and hang dry (no dryer). Some rash guards will recommend being washed completely separate from other laundry as well.

Odor Lock

Have you ever had a piece of clothing that continued to stink after you washed it? Odor gets trapped within the fibers of your clothing. This can happen a couple different ways. If you haven't removed all the sweat from your gear before washing, odor molecules can get trapped in the fibers. It's recommended that you hang dry your wet rash guards prior to washing them. Also, avoid keeping them in a closed gym bag or locker after you've trained. Let your gear breathe after use.

The deodorant you wear masks odor, but it can also trap it in the underarm area. Flip your rash guards inside out to help prevent odor getting trapped in the underarm area.

If you're still having trouble with odor lock, try pre-rinsing, or soaking your rash guard in water. Soaking in vinegar has also been known to help as well.

One sure way to cut down the odor issue is with Super Shield Plus from Defense Soap. We've tested this stuff before and it works. Once a month (works for 30 wash cycles) make it a point to wash all your jiu-jitsu gear together and use a cap full of Super Shield Plus for up to 10lbs of laundry (2 gi's and some rash guards). This stuff doesn't take away from the rashguard's ability to wick away sweat. It works by creating a positive charge to the material itself that attracts then breaks down the odor causing microbes that want to live in your rashguards and gi's.

Washing your rash guard with a high-quality detergent like Rockin Green and the once a month use of Super Shield Plus will create a pretty formidable defense against odor buidling up in your rash guards and other gear.

WRAP UP

Buying a rash guard won't make your jiu-jitsu better. Choose a rash guard you are comfortable in. Let it express who you are as an individual, but know that buying a certain rash guard will not make you a world champion. The time you put in on the mats wearing it will. When buying a rash guard choose one that meets your needs. You should be able to wear and roll in it for hours at a time without it ever getting in your way. ***jjm***

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Tatami Fightwear THE TANK

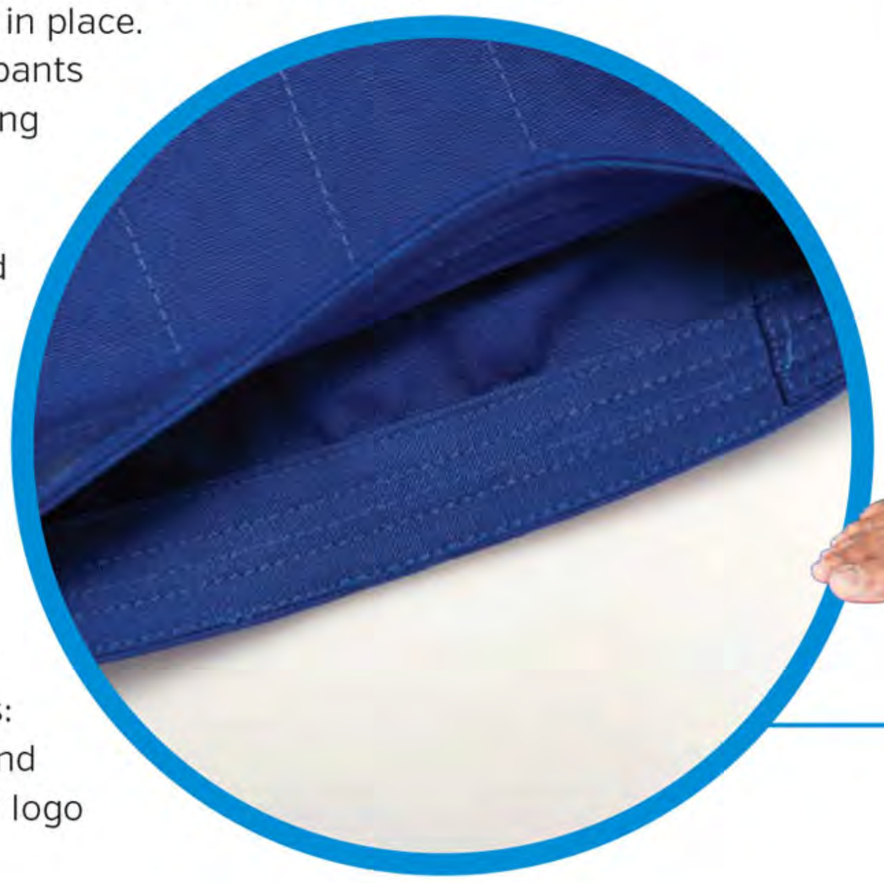
www.tatamifightwear.com

JJM Staff **Patrick Flores**

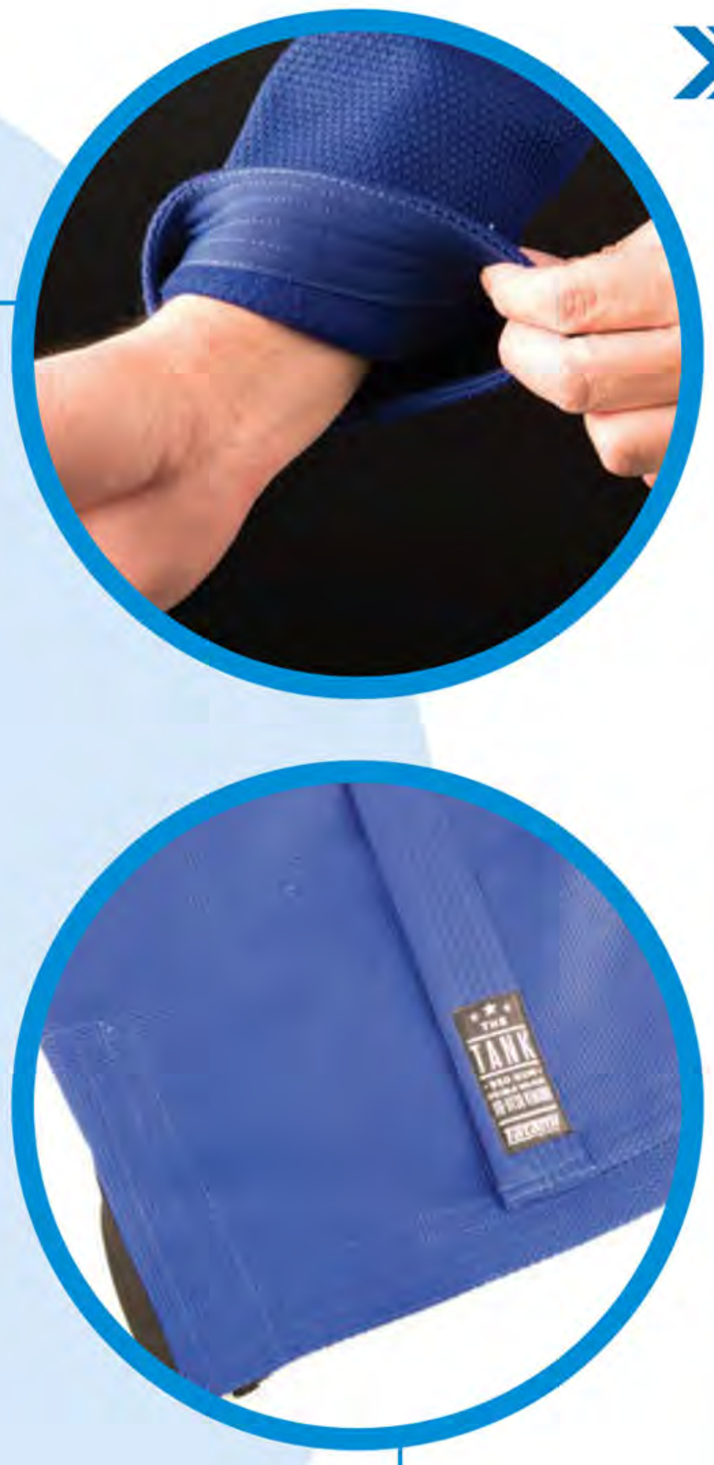
THERE ARE SOME THINGS OUT THERE THAT WE JUST EXPECT TO LAST A LIFETIME. Things that, when we buy them, we imagine we'll be passing them down to our kids some day. Belongings that come to mind for me are fine watches, or an old Volvo. I never had this mindset when it came to jiu-jitsu gi's until I happened to come across The Tank from Tatami Fightwear. Yes, this is a gi that you can put next to the Rolex inside the old Volvo when you know your days are numbered. It too will be in the family for generations to come. I won't say that it's the only gi you'll ever need, because that's not the case, but should Skynet go live some day and cybernetic organisms inherit the earth, they will practice their jiu-jitsu in The Tank.

Pants

Although the most notable element to The Tank is not the pants they are, without a doubt, impressive to say the least. While most gi pants are made of rip-stop, 10 oz or even 12 oz twill or canvas The Tank pants are made of 14oz canvas. I would imagine thta they will be sturdiest gi pants you'll ever wear. Throw on a tool belt and they could surely withstand the most labor-intensive task out in the real world. The kneepads are doubled up and run from mid thigh down to the cuff. We didn't test this out, but they could probably stop a small gauge firearm, they're so tough. The pant cuffs are hemmed not with nylon tape, but with more 14oz canvas. The pants are held in place by a rope drawstring guided by four belt loops to keep it in place.



The construction of the pants is solid with clean stitching and attention to detail throughout. With the heavy-duty canvas you'd think there's no need for reinforcements. But that doesn't matter, all the critical areas: gusset, side slit, and inseam, have reinforcement patches in place. Not a whole lot of branding on the pants: an Army style star is found on the shin and a Tatami logo on the reverse.

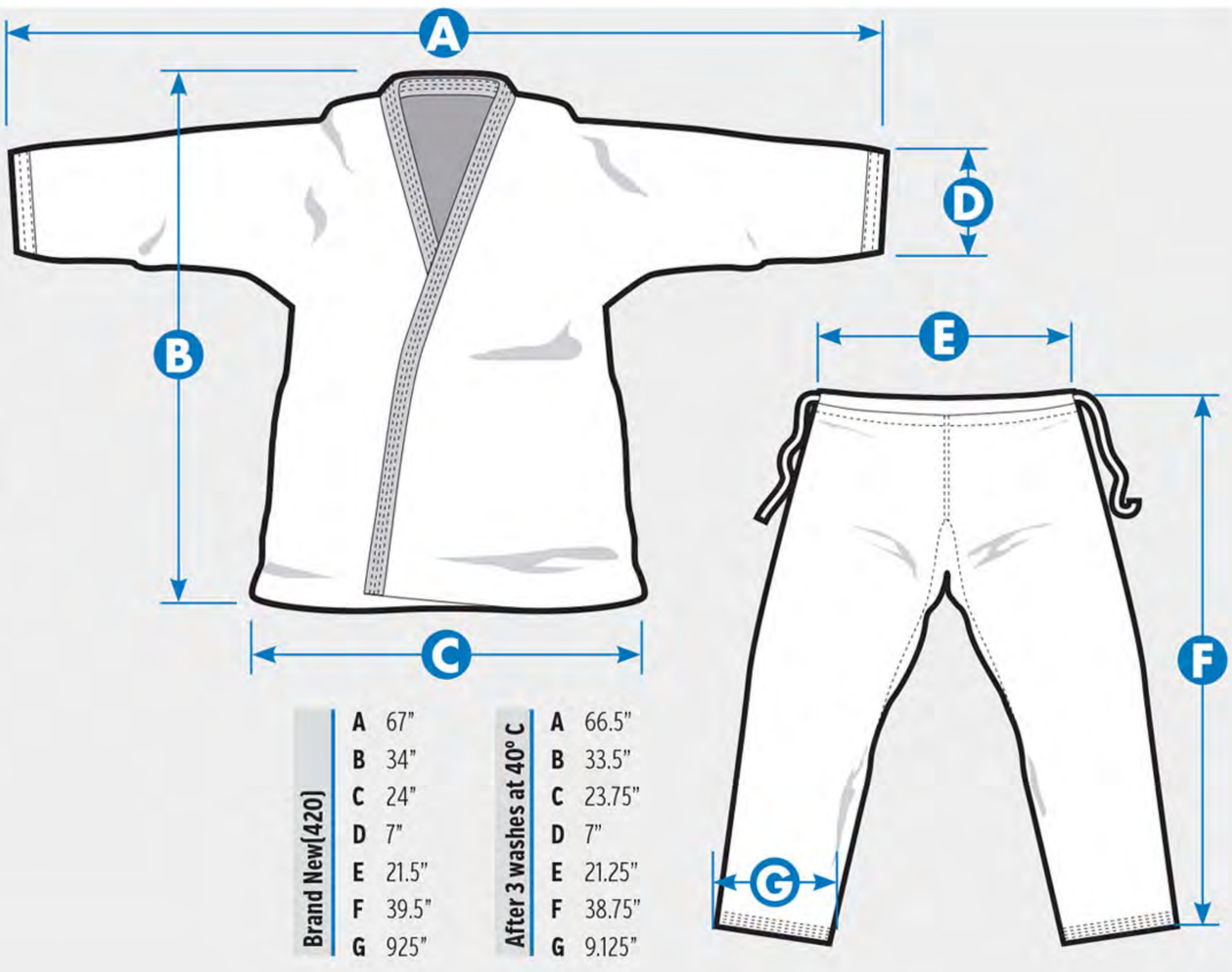


Jacket

"Jacket" isn't really the right word to describe the gi top of The Tank; "coat" would be a more accurate descriptor. The gi top is made of 950 GSM double-weave cotton. Let's put this into perspective. I'd bet you a one year subscription to JJM that the heaviest gi you have in your closet right now is a measly 550 GSM at most. This is almost double that! [I was kidding about the bet; just making a point, so save the emails.] Like the pants you're probably thinking there's no need for reinforcement material anywhere on this, right? Well you'd be wrong again. The armpits and shoulders are reinforced with more of the 950 GSM double weave while all the other seams are reinforced with the 14oz canvas that make up the pants. The collar is made of an EVA foam that's a tad towards the stiff side, however, not "stiff" relative to most other gi's. With a gi like this that will more than likely outlive us all it's important that the aesthetics can stand the test of time as well. Like the pants there are just a few placements of the star and Tatami logo on the sleeves, neck, and front bottom of the jacket. The Tank is available in three color combinations, white with black trim, blue with black trim, and black with drab trim. The double-weave cotton is combed for a soft-to-the-touch feel.

Fit and Feel

At 5'9 and 215lbs. the A3 cut fits me perfectly. Before I washed it I was a little worried that the shrink might make the sleeves a little too short, but the observed shrink after three washes was not bad at all. The Tank is cut to the same specs as Tatami's most popular Estilo line. When you first put the jacket on, the first thing you notice is the weight. It's heavy. In fact the gi top alone weights 4.8lbs. It does indeed feel like a "coat." Put a couple pockets in it and you're all set for a long winter. The pants also feel have a "hefty feel to them.



	Brand New(420)	After 3 washes at 40° C
A	67"	66.5"
B	34"	33.5"
C	24"	23.75"
D	7"	7"
E	21.5"	21.25"
F	39.5"	38.75"
G	925"	9.125"

Rolling With It

When I put on The Tank I feel like I'm putting on a weighted vest. You know the ones you wear when you want to add some resistance to your training so when you take it off everything feels easier? That's kind of how it feels rolling in The Tank. At first it took a little while getting used to the added "heft in the gi, but in time I kind of forgot that it was any heavier than my other gi's. In the beginning I did feel a little constricted, but like I mentioned earlier, that feeling faded relatively quickly. Testing The Tank in August was probably not the best idea; I did find myself needing to drink up a little more often. The thick material of the jacket gave some of my training partners a hard time as they looked to fix their grips on me. One unexpected benefit of rolling in The Tank was the feeling of speed and agility that I felt for the first few rolls when going back to one of my lightweight gi's. It was like taking the weight vest off. Now, whether I was actually quicker or not, the logic would say that there could be some benefit to this since I'm moving less weight around. One other thing that I noticed was that the drying time was considerably longer. Where most of my gi's would hang dry in about 12 hours out in the garage, The Tank needed about a full day to be completely dry. Lastly, no matter how I folded it, it always looked clean and pressed.

Highlights & Specs

- 950 GSM double-weave combed cotton jacket
- 14 oz canvas pants
- EVA foam collar (Medium-Firm)
- Available in A0 through A6
- Heavy-duty construction
- Comes with a heavy-duty drawstring bag
- 4.8lbs. Jacket, 1.85lbs. Pants

Verdict

A gi that will last forever and make you feel like a lightweight in anything else.

PERORMANCE: ★★★½☆
VALUE: ★★★★½
QUALITY: ★★★★★
OVERALL: ★★★★½

CONCLUSION

Although I didn't roll in The Tank for a year, my guess is that even after years of use this thing is going to stand up like a... tank. Tatami paid a lot of attention to all the details here and the heavy-duty design theme of The Tank can be found everywhere you look. The Tank can be found on-line for about $170. Considering the heft nd durability of this gi I believe this is a solid value. If you want something that will last pretty much your entire life and you don't mind a little extra sweat definitely be sure to check out The Tank. *jjm*

Zebra Athletics
ZEBRA WARM UP MAT
www.zebraathletics.com

I'M SURE YOU'VE HEARD OF ZEBRA MATS BEFORE. They're one of the largest manufacturers of training mats and can be found in several academies. Zebra has developed a portable mat that is useful for several on-the-go situations. This portable mat rolled up measures 24" x 6" x 6" and unrolled 72" x 24". To give you some sense of perspective it's about the same dimensions as your typical yoga mat. It does, however, provide its user with some unique features other portable mat choices lack.

Zebra has designed this mat for portability. Unlike a yoga mat, the Zebra Warm Up Mat rolls up and is held together with two elastic straps that are connected to the mat itself (so you can't lose them). It also has a convenient handle for easy movement. Zebra includes a carrying case that can be used to sling the mat around your back for additional portability. With the carrying case, the mat weighs less than half of a typical yoga mat at 1lb 6oz (yoga mat weighed in around 3lbs 14oz). It may not seem like much, but when you account for all the other gear you may be lugging around, every pound counts.

Speaking of other gear, the mat has a built-in storage pocket that allows you to keep a couple personal items zipped up. It's large enough to fit your phone, wallet, and keys. This pocket is very convenient for jiu-jitsu competitors who often need to keep a few items with them in the warm up area.

Overall, the mat provides the comfort you would expect from Zebra. It's made of a foam material that is soft nd not rubbery like that of a yoga mat. To my surprise as well, the mat didn't shift o slide around on smooth surfaces like wood or laminate flooring. The base material keeps a decent grip on whatever surface you decide to lay the mat on so you can warm up without any worries.

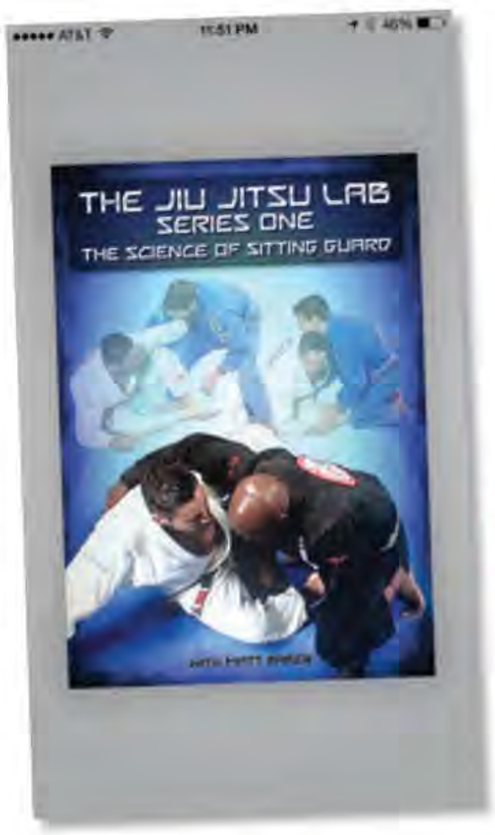
The mat has a MSRP of $39 and can be purchased directly from Zebra Martial Arts. It comes in black, blue, or red. It's great for jiu-jitsu tournaments, but can also be used in other situations. I can see myself using the mat at the park or while camping, for example. It's very handy to keep in your car or closet for whatever situation arises.

Verdict
Perfect for anyone who competes or stretches often enough to need their own mat.

PERORMANCE: ★★★★½
VALUE: ★★★★½
OVERALL: ★★★★½

Matt Baker
JIU JITSU LAB SITTING GUARD APP
www.jiujitsulabdvd.com

ABOUT A YEAR AGO WE REVIEWED THE JIU JITSU LAB SITTING GUARD DVD. Our reviewer, Matt Corley, praised the DVD for it's solid technique, sequence and structure. Matt Baker, an accomplished black belt under Jean Jacque Machado, goes over his entire sitting guard game. The app version of the DVD includes 15 fundamental techniques, 14 advanced techniques, and 4 bonus submissions. Matt explains what to do if your opponent backs away, stands up, takes away your underhook, or drives forward. It also goes over sitting and open guard attacks, submission escapes and counter attacks. Each technique is well demonstrated, explained in detail, performed in real time, then in slow motion. Didn't catch it the first time, then play it again. Having the app makes it convenient to watch the techniques over and over again. The app it's sell has a simple structure; fundamental, advance, and bonus submissions. Do to the number of videos the app will take up 833MB of space on your iPhone or iPad. The app sells for just $6.99. Considering how much solid content is on this app it's a no brainer. If you have an iOS devise download this now.



Verdict
Learn a complete sitting guard game for under $7.

PERORMANCE: ★★★★☆
VALUE: ★★★★★
OVERALL: ★★★★½

BJJ TOUR TEXAS

Mike Calimbas

CLAUDIO FRANCA AND THE BJJ TOUR TOURNAMENT SERIES CONTINUE TO GROW IN TEXAS! On Saturday, August 29th, Franca and crew traveled back to the lone star state to host their brand of quality Brazilian jiu-jitsu competition action. This time BJJ Tour Texas would once again take place at San Antonio's Freeman Coliseum, proving once again that things are often bigger in Texas.

THE BUZZ

Located next door to the AT&T Center, where the multiple-time NBA world champion San Antonio Spurs call home, the massive Freeman Coliseum offered BJJ competitors the opportunity to compete under the bright lights. Just like they would see at nationally ranked events such as the US Open. With news crews on hand to report on the action and all eyes on each competitor as they stepped on the mat, it certainly seemed like high stakes action for those in attendance.

HIGHLIGHTS

Highlighting the event was, of course, the black belt action in the money divisions. GF Team's Leonardo Manduca took the day with a pair of narrow and hotly-contested victories over one of BTT's perennial powerhouse athletes on the competition circuit, Diego Gamonal Nogueira. Manduca and Gamonal fought strategically in both division and open class action with Manduca edging it out by using his patience and size to gain the key advantage. RPBJJ's Thiago Macedo also reported for action in the lighter black belt divisions but would be unimpeded in his division while losing out to Nogueira in the absolutes.

As for the rest, the primary highlights of the lower belt action were mostly found in the youth divisions. Competitors such as Cole Abate of RPBJJ and John Abney of BJJ Revolution team looking very impressive as they took the mats.

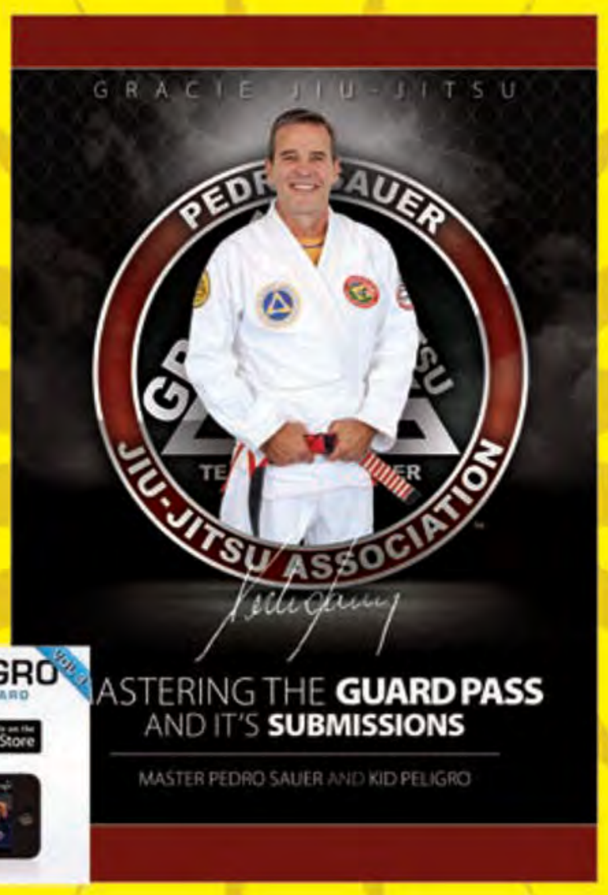
BJJ TOUR TEXAS

COMING UP

No doubt Texas will look forward to the return of BJJ Tour once again as they map out their dates for 2016. Until then, BJJ Tour will continue to traverse the nation to complete their 2015 schedule with their next event, BJJ Tour California, held at the Felix Event Center Azusa at Pacific University on September 12th. From there it's on to the prestigious U.S. Open happening at the Kaiser Permanente Arena in Santa Cruz, CA on October 24th and 25th and BJJ Tour Nevada to close out the year Nov. 14th at the Sports Center in Las Vegas. *jjm*

MASTERING THE GUARD PASS AND ITS SUBMISSIONS

by Master Pedro Sauer and Kid Peligro



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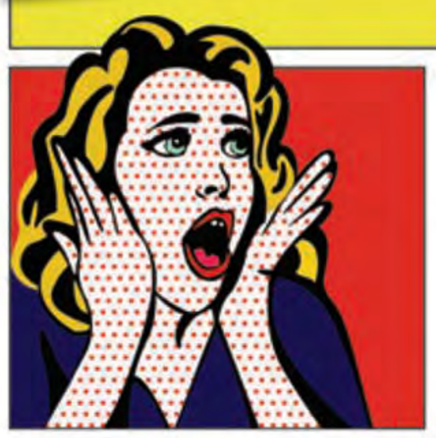

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Santa Fe NM US Airways 10:05p
Santiago US Airways 9:50p
Sao Paulo TAM 10:00p
Seattle US Airways 8:30p
Seattle Alaska Airlines 10:05p
Shreveport US Airways 8:20p
Springfld IL US Airways 9:45p

Matt Corley **Hywel Teague**
Matt Corley

ARRIVALS
[Thursday, September 27th]

The journeys of fighters from across the world culminated with their arrivals in Sao Paulo on Thursday. After a harrowing 45 minute bus ride we were released at the hotel to our own devices. The lobby was packed with a who's who of world class grapplers. The Ribiero brothers, Hector Lombard, Ben Henderson, Rodolfo Vieira, Cyborg and countless others were talking, smiling and greeting each other. One presence in particular stood out. Ricardo Liborio, the founder of ATT and one of the baddest men on the planet, was everywhere. He greeted all of us with a smile, a handshake, a pat on the back and kind word.

The organizers provided a buffet for us and a quick look at the tables told me everything that I needed to know about who was fighting, who wasn't, who was on weight and who needed to cut a few pounds. A fighter sitting next to me was eating a single avocado for his dinner while two tables away a superheavyweight had 2 plates of food stacked 6 inches high. With dinner finished fighters were milled around the lobby trying to burn-off a little nervous energy. A combination of jet lag, physical exhaustion, boredom, anticipation and nerves had taken hold. Almost everyone turned in early that night, a few hitting the sauna or the exercise room to sweat off a few pounds.

INITIAL WEIGH-INS
[Friday, September 28th]

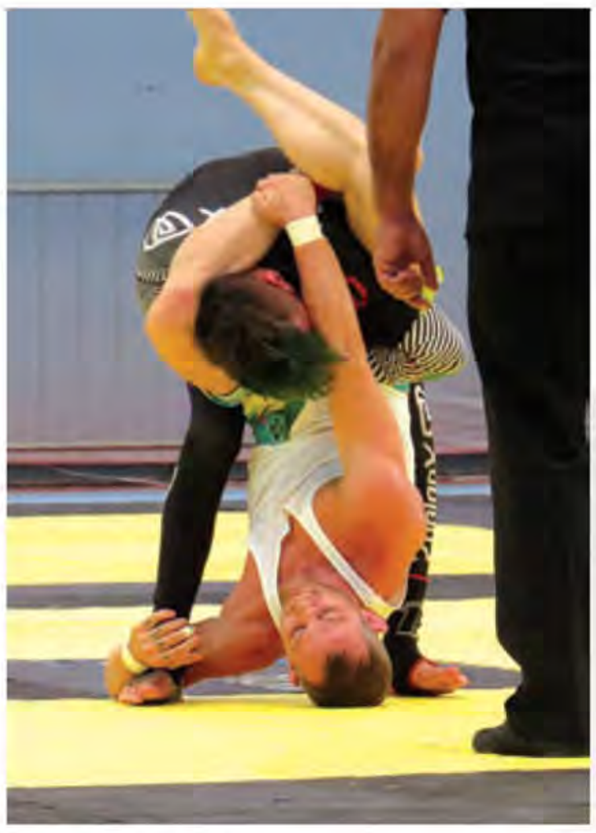
The line at the morning's buffet was much smaller than last night and the atmosphere had shifted. The camaraderie of the previous evening was subdued and conversation sparse. A scale had been set up in one of the hotel meeting rooms and saw constant use. With initial weigh-ins at 2:30pm the implications of missing weight was becoming a reality of the fighters. We were lucky enough to have a wet sauna at the hotel which many of the fighters took advantage of. The tiny exercise room on the 3rd floor, a broom closet with a few bikes and treadmill, was filled with fighters in saunas suits. Lunch would wait until after the weigh-ins and around 2pm a large group of us walked to the arena. By 4pm everyone knew where they stood with the scale and for the moment the level of anxiety in the room had dropped. With initial weigh-ins completed the buffet table was attacked and picked clean in a matter of minutes. The only topic of interest to anyone at this point was the rules meeting that night and more specifically the brackets that were to be released shortly thereafter.

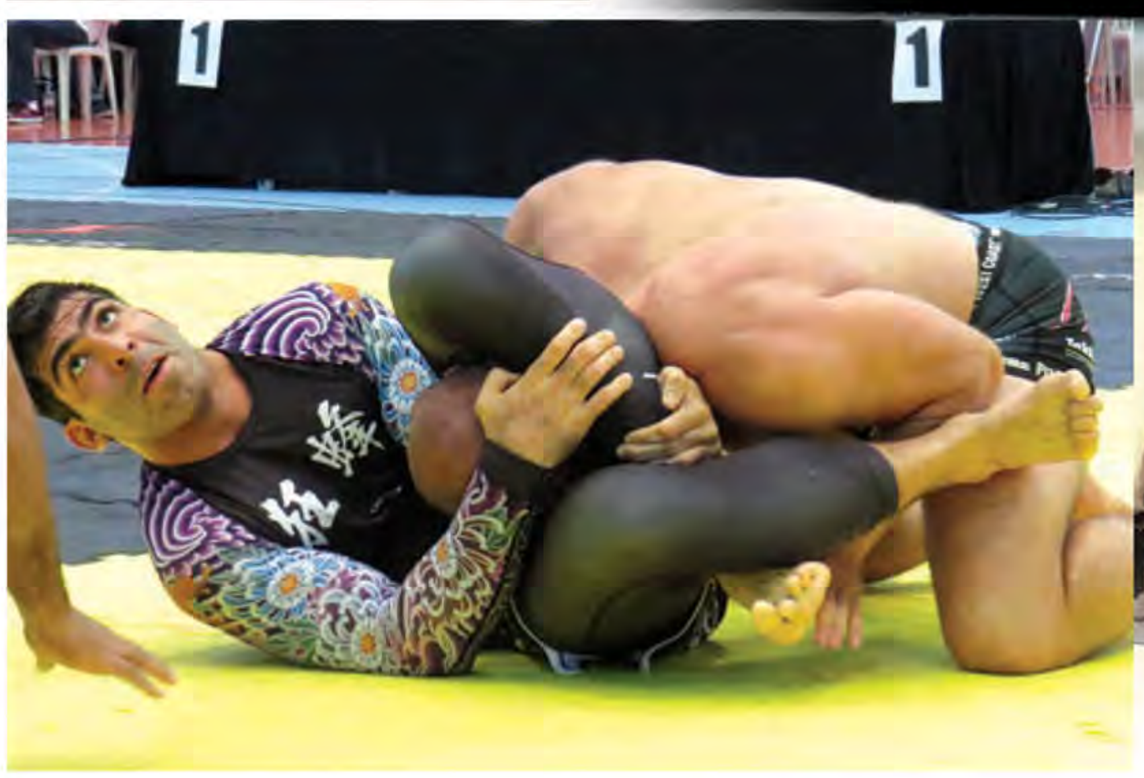
After the rules meeting fighters were hovering over the organizers as the brackets were determined. In the past the first round consisted principally of matches between invitees and trial winners, the trial winners clearly being thrown to wolves early on. The real controversy this year was the number of 1st round matches in which teammates were forced to fight one another. For those unfamiliar with ADCC rules, if the judges even think that the two grapplers aren't fighting to win both are immediately disqualified from the tournament and risk being black balled for life.

Notable 1st matches between teammates included:

- AJ Agazarm vs Otavio Sousa [Gracie Barra]
- Felipe Pena vs Robert Tussa [Gracie Barra]
- Claudio Calasans vs Mike Perez [Atos] [Claudio would go on to face another teammate, Keenan Cornelius, in the 2nd round]
- Joao Rocha vs Abraham Marte [GFT] [In the 2nd round of +99]
- Joao Rocha vs Rodolfo Viera [GFT] [in the semi-final of Absolute]

No one expected teammates to be fighting in the first round and the effect on the mood at the hotel was subtle but definite. Regardless of team affil tion everyone had become more somber as fighters prepared themselves for the following day. After dinner and for some a last minute sauna session, everyone turned in.





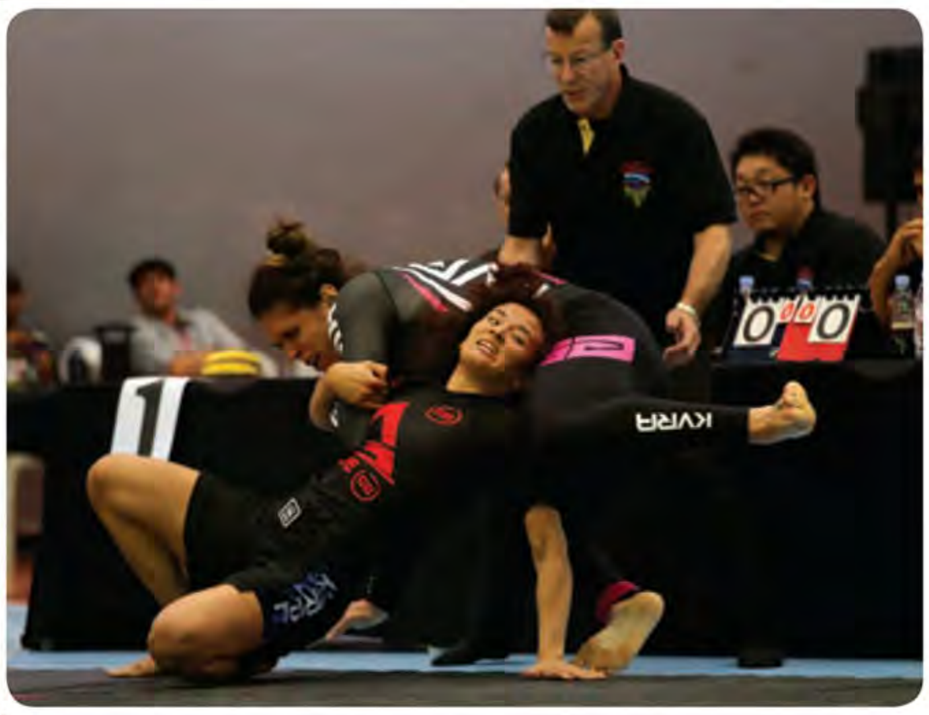
DAY 1 FIGHTS
[Saturday, September 29th]

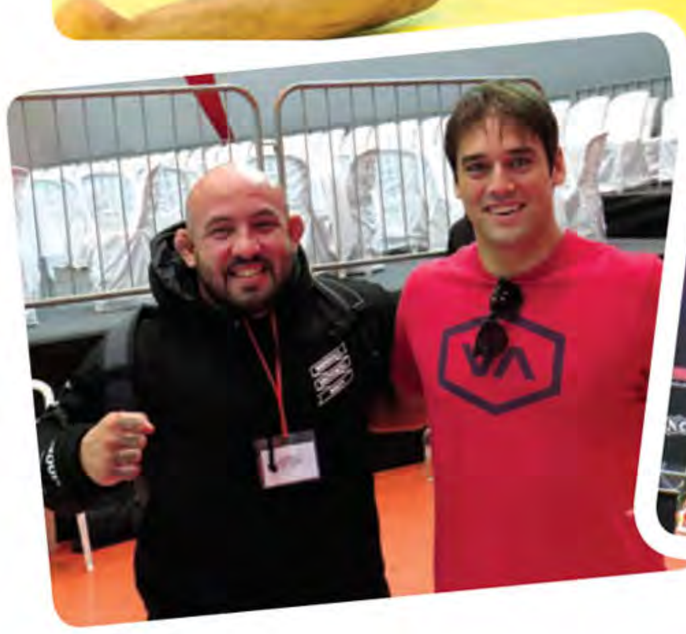
The hotel scale saw use in the wee hours as athletes again checked their weights before heading to the arena for officia weigh-ins. The heavyweights were the first group to fight and the tournament progressed to smaller weights and finally the women. After the women's bouts the men's bracket was run through a second time to complete the matches of day 1. The women had a single match on day 1.

Round 1 went largely as expected with the favorites winning most of their matches. Vinny Magalhaes, Dean Lister, Orlando Sanchez and Abraham Marte set the tone early on with submission victories in their fights. The concern of teammates fighting each other was put to rest by Otavio Sousa and AJ Agazarm. Agazarm started the round strong with a takedown however Sousa fought back and as time ran short ended the fight with a rear-naked choke. Garry Tonon and Dillon Danis answered the question that many were asking as Garry won with a reverse heel hook in the first half of their match. Another notable submission was performed by Xande Ribeiro as he quickly secured on omoplata on Yukiyasu Ozawa. One of the final submissions of the first round came from Jeff Glover as he heel hooked Daniel Hortegas. When the smoke cleared 18 fighters earned wins by submitting their opponents in the initial round.

With few notable exceptions the action slowed considerably in the 2nd round of the men's brackets. Fighters were much more closely matched and points were hard to come by. Judge's decisions decided the outcome of 6 matches and 5 matches were decided by 3 or fewer points. Vinny, Felipe Pena, Rodolfo Vieira, Romulo Barral and Yuri Simoes were the only ones to end their 2nd round matches with submissions. Vinny was the first [and only athlete] to successfully submit an opponent with a Twister in ADCC competition.

The most talked about match of the round was between lightweights Jeff Glover and Geovanni Martinez. Geo and Jeff met a few years ago in the inaugural Eddie Bravo Invitational and Geo pulled off an upset victory. As the match began Glover established himself as the clear aggressor. A failed sweep by Geo at the beginning of points led to Glover locking in a triangle from guard. The next few minutes highlighted a key difference between ADCC rules and the rules of most grappling tournaments. ADCC allows slams only if they are used to escape a submission. Over the next 3+ minutes Geo slammed Jeff twice from the





knees before standing fully upright for a final slam that resulted in his escape. Geo used the final moments to their fullest, passing Glover's guard and securing knee on belly to win the match 5-0.

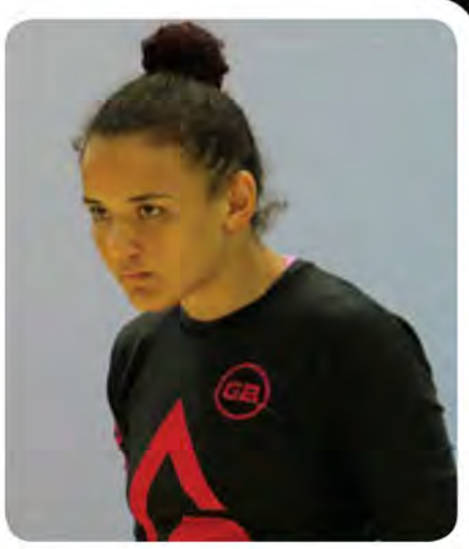
At day's end half the athletes would return to the hotel knowing that their participation in the tournament was at an end. The differences in mindset were readily apparent at the hotel. You could easily have skipped the fights and identified the tournament winners just by looking around the dining room. Those continuing on were excited, relieved and focused. They dealt with the stress of another day's competition in their own way but it was clear that they still had work to do. The easiest way to identify the fighters that weren't competing tomorrow? Just look at the mounds of food on the plates at their tables. A lightweight that'd been eliminated earlier said, "I haven't had carbs in months." These athletes worked months, even years, for this tournament and in a matter of minutes it was over. Some were relieved, some depressed and others were genuinely happy to have had the chance to step on the mats with the best in the world.

DAY 2 OF FIGHTS

[Sunday, September 30th]

The final day of fights was notable for long matches, few points and fewer submissions. Fighters were largely satisfied to use their wrestling to nullify each other's offense. In many cases fighters appeared to be satisfied to stay standing and let the judges decide the winner. After watching 8 hours of matches the ones that really stood out to me [and the crowd for that matter] were Jessica Oliviera vs Gabi Garcia [60kg+, women's semis] and Davi Ramos vs Lucas Lepri [77kg, finals]. There were several good matches but when 13 matches go the judges, the day gets really long.

The women's semifinal round saw what many would consider to the be the biggest upset of the tournament when brown belt Jessica Oliveira earned the nod from the judges in her match against Gabi Garcia. Garcia spent the majority of the match on top but Jessica wasn't content to just survive. Anytime that Gabi's pressure let up Jessica used that space to attack with submission and sweep attempts. Gabi was able to defend successfully but it's clear that Jessica wouldn't give up. The turning point in the match was Oliviera's attempt



at a fireman's carry from the knees. The reversal was unsuccessful but at the end of overtime the judges felt that Oliviera's efforts outweighed Garcia's positioning. Oliviera would eventually lose to Ana Lauta Cordiero by points in the +60 KG finals.

Davi Ramos and Lucas Lepri had the most exciting match of the day and arguably of the tournament. Ramos came into the finals having submitted 2 of his 3 opponents and while Lepri had no submission wins he'd amassed a combined score of 17-0 in his first 3 matches. The match only lasted a few moments. Lepri was on the floor, Ramos grabbed both feet for a pass and as Lepri came up to defend Ramos jumped for a flying armbar. It was over in a blink and Ramos had his arm raised for the gold.

That evening the hotel lobby had again become the gathering place for many of the fighters. The elation of the winners was matched by the despondency of those unable to perform as well as hoped. The Gracie Barra contingent celebrated their wins as Cyborg and his teammates at Fight Sport gathered in a quiet corner of the restaurant. The Ribiero brothers sat at table next to Dillon Danis, the athletes unwinding after a long weekend by spending time with their friends and families. Win or lose everyone had a sense of relief at the conclusion of the tournament. And of course Ricardo Liborio was everywhere talking to everyone smiling, laughing and patting us on the back for a job well done as he enjoyed the weekend to the fullest. JJm

RESULTS:

Male -66kg
Gold:..... Rubens Charles
Silver:..... Bruno Frazzato
Bronze:... Augusto Mendes

Male -77kg
Gold:..... Davi Ramos
Silver:..... Lucas Lepri
Bronze:... Gilbert Burns

Male -88kg
Gold:..... Yuri Simoes
Silver:..... Keenan Cornelius
Bronze:... Rustam Chsiev

Male -99kg
Gold:..... Rodolfo Vieira
Silver:..... Felipe Pena
Bronze:... Joao Assis

Male +99kg
Gold:..... Orlando Sanchez
Silver:..... Jared Dopp
Bronze:... Vinny Magalhaes

Female -60kg
Gold:..... Mackenzie Dern
Silver:..... Michelle Nicolini
Bronze:... Tammy Musumeci

Female +60kg
Gold:..... Ana Lauta Cordeiro
Silver:..... Jessica Oliveira
Bronze:... Gabi Garcia

Men's Absolute
Gold:..... Claudio Calasans
Silver:..... Joao Rocha
Bronze:... Rodolfo Vieira

Superfight
Andre Galvo def. Roberto Abreu via points [6-0]

Ricardo Libori def. Ze Mario Sperry via decision

ANSWER QUESTIONS WIN BIG.

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jiujitsumag.com/survey

See site for official rules.

Gameness

jiu-jitsu magazine

REFOCUS YOUR FOCUS

Marshal Carper

How much time do you spend on the mat a week?

HOW MANY OF THESE MINUTES WERE FOCUSED, DELIBERATE MINUTES OF TRAINING? No, really. If you take a 60-minute class, how much time do you spend in the bathroom? How much time do you spend talking instead of drilling? How much time do you spend catching your breath instead of moving? Are you even on time for class in the first place?

Jiu-jitsu should be fun. You should enjoy your time on the mat and experience the sport in your own way. If you allow your true training time to leak away–drop by drop, minute by minute–you can still find enjoyment on the mat, but you should not be surprised if your progress suffers. For me, the community and camaraderie of the sport is a big part of what draws me to training, but what captivates me is learning. I am addicted to understanding and improving technique.

Your jiu-jitsu grows the most when you focus, when you are attentive and committed to what you are doing and why you are doing it.

Focus is about more than paying attention, though that's part of it. Focus is a process where you are actively engaged with the content or activity. When you are focused on learning, you don't just memorize what a teacher says. You ask yourself questions about the what, the why, and the how. You try to find connections between this new knowledge and your existing knowledge. You challenge it. You explore it.

This sort of focus builds mental habits that will serve you in both training and in competition.

PHASE ONE: EVERY MINUTE MATTERS

The first way to improve focus is to eliminate waste. If you come to class for 60 minutes, you should get 60 minutes of training in. That might not sound very profound, but procrastination and succumbing to simple distractions can slowly steal away valuable training time. After 8 years in the sport, here are the most common leaks in training minutes that I see:

- **Show up on time.** And on time means with enough time for you to change, stretch, and tape up whatever injuries you are nursing so that you can start class with everyone else.
- **Empty your bladder.** You're an adult. You can go 60 minutes without using the restroom if you take a few minutes before class to do your thing.
- **Hydrate during the day.** Taking a water break during class isn't bad if you can do it without losing drilling or rolling time, but you are better off hydrating throughout the day instead.
- **Talk and drill, or just drill.** Laughing with your training partners is part of the jiu-jitsu experience, but your banter should not slow or interrupt your drills. If it does, spend less time talking and more time drilling.

The time you save by eliminating these unproductive moments will add up quickly. After a month, it could equate to gaining an extra training session, assuming you were letting even 5 minutes of a training session slip through your fingers each class.

PHASE TWO: HEAD ON STRAIGHT

Once you've made certain that you are physically present on the mat, the next step is to make yourself mentally present. With the right perspective on your training, you can wring every drop of potential out of your mat time, which means that you will roll better and perform at a higher level as a result. Adopting a focused training mindset will take practice, but you are likely to see the return on your efforts in a relatively short period of time.

Conquer Phase Two with these steps:

- **Expand your gas tank.** Exhaustion poisons your ability to think, forcing you to spend more time worrying about how terrible your body feels and less time on learning and improving. If you get tired during rolls, force yourself to roll longer and more often to build up your endurance.
- **Be a scientist.** As you learn a new move, ask yourself why it works and be critical of your movements. Make an effort to improve the crispness and efficie y of each repetition.
- **Get more repetitions.** With your improved endurance and focus on efficie y, you can rack up more repetitions in class. Increase the intensity and work harder even if your training partners are not.
- **Come to class with a goal.** Your goal is to get better, yes, but your goal should be more specific when it comes time to roll. Are you working on armbars? Escapes? Decoding a particularly puzzling training partner? Step in the door with an agenda to give your training more purpose.
- **Form a partnership.** Don't train alone! Connect with other students at your gym with similar aspirations and keep each other accountable. Share match footage. Talk about training. Train hard.

By the end of phase two, you will have more training time and get more out of it as well. Training with this sort of focus helps you to develop momentum. You will find yourself improving more rapidly as the flywheel of your progress spins faster and faster.

PHASE THREE: EMBRACE BEING A STUDENT

As your jiu-jitsu matures, sometimes what you do off the mat can have a big effect on the focus you have on the mat. You don't have to treat jiu-jitsu like a full-time job in the way that a professional athlete would. You can, however, take training seriously, even if you have a career and obligations outside of the gym. Even with other commitments in your life, you can still be a dutiful student of the art.

Part of being a student is acquiring new knowledge, and most white belts quickly get good at finding and collecting a broad range of techniques, so that is likely not a problem for you. The other part of being a student is not acquiring knowledge that is completely new, but rather, finding greater depth in the knowledge you already have. To achieve this depth, try the following:

- **Note and explore your mistakes.** When something in a roll does not go as planned, this is an opportunity to improve. Off the mat, work through what happened in your head. The next time you train, recreate the scenario with a training partner to start patching the holes in your game.
- **Pick a long-term project.** This goes hand-in-hand with coming to each training session with a goal. On the macro level, your little goals should be building toward a bigger goal. Are you going to spend the next six months on escapes? Maybe reverse de la Riva guard? Whatever it is, working on something for the long-term can help to keep you engaged.
- **Pay attention to jiu-jitsu news.** Staying plugged into jiu-jitsu news–the newest techniques and the latest high-profile matches–can keep you interested and give you inspiration for exploring new techniques and strategies.
- **Spice up your training.** A facet of focus is interest. If you find yourself feeling bored, take a road trip to train with a friendly gym, or take a private lesson with your favorite instructor. The variety can keep training fun.

WHAT'S FOR DINNER? TWO WORDS – MEAL PREP!
jiu-jitsu magazine
IN THIS ISSUE
Agility Training For Grapplers
Correcting the 5 Most Common White Belt Mistakes
No More Excuses!
CAUGHT ON TAPE!
Utilizing Your Competition Footage
GRAPPLER'S GUIDE TO PLANT BASED PROTEIN
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White Belt Problems: PASS OR DON'T PASS
Discovering the BRAZILIAN NECKTIE
18 ITEMS No Grappler Should Be Without
PLUS
BUILDING TOUGHNESS
Meditate Your Way To Victory!
JUMP AROUND Plyometrics Explained
The One and Only
MACKENZIE DERN

With these three phases, you should have the tools you need to take control of your training and to supercharge your learning. Your enhanced focus will make you a better grappler. Not only will you acquire knowledge more quickly, but you will roll better, too. *jjm*

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GI 411

"WHAT WAS THE NAME OF THAT GI THAT GUY WAS WEARING?" It's a common question, often times the name escapes even the most seasoned gi sophisticate. For that reason we went through the task of collecting the name and web address of every gi maker we could find. If there's someone missing, or if you're a gi company that would like your logo included let us know. Email **gis@jiujitsumag.com**

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A

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acsgear.com

Aggrobrand
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Shoyoroll.com

Aesthetic
fightaesthetic.com

AK
akbjj.com

Armadura
armadura.us

Armor Kimonos
akbjj.com

Arte Suave
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Atama
atamausa.com

B

Bad Boy
badboy.com

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Battle Gear
battlegearbjj.com

BC Kimonos
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BJJ Globetrotters
bjjglobetrotters.com

BJJ Religion
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fightersmarket.com

Brazil Combat
brazilcombat.com

Brazilian Fightwear
brazilianfightwear.com

Break Point
breakpointfc.com

Bull Terrier
btfightgear.com

C

Century
centurymartialarts.com

Combat Corner
combatcorner.com

Combat Skin
combatskin.com

Competidor
facebook.com/CompetidorBrand

Conca Fight Gear
conca.us

Contract Killer
contractkillerclothing.com

CTRL Industries
ctrlindustries.com

D

Da Firma
dafirmabjj.com

Datsusara
dsgear.com

Day By Day
daybydayjiujitsu.com

Detales
detalesclothing.com

Do Or Die
doordie.com

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dokebicombat.com

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Ezekiel
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furiastore.com

Fushida
fushida.ca

G

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H

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Hayabusa
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HCK (Howard Combat Kimonos)
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Hyperfly
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Hypnotik
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I

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K

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originmaine.com

OSS Clothing
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OSS Kimonos (Brazil)
osskimonos.com.br

OTM (On The Mat)
onthemat.com

Ouano
ouano.com

P

Padilla & Sons
matrat.us

Piranha Gear
piranhagear.com

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Pressure Brand
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submissionfc.com

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vhtsny.com

Veni Vidi Vici
vvvfightco.com

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venumfight.com

Vulkan
vulkanstore.com

W-Z

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wartribegear.com

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THE SQUAT

Will Safford **Power Lifter**

THE SQUAT IS A FUNDAMENTAL HUMAN MOVEMENT THAT SHOULD BE A FOUNDATIONAL EXERCISE OF ANY STRENGTH AND CONDITIONING PROGRAM. Although the squat primarily works the legs, it provides a range of benefits to the body, which are especially useful for the jiu-jitsu player. The squat is a compound movement, meaning it uses more than one joint, and incorporates multiple muscle groups to develop a variety of goals including: strength, hypertrophy (muscle growth), power, and strength endurance. Other benefits include: increased levels of valuable muscle building hormones like testosterone and HGH, injury reduction through stabilization of the knees, ankles, and hips, and an increase in core strength and stabilization. With benefits like these, it's no wonder the squat has lasted the test of time and is used by beginners to advanced athletes worldwide.

As jiu-jitsu players we know the importance of strong legs. When playing the top position we often find ourselves defending sweeps and initiating passes from a low, squatted position. We need the strength, stability, and endurance the squat and its variations can provide. From the guard, we need strong, active legs to complete powerful sweeps, escape from threatening passes, and finish submissions like arm bars and triangles. The squat also provides the muscle and stability around our knees, hips, and core to prevent those frustrating injuries that sometimes occur to these areas. Plenty of squat variations are available, however, in this article, we'll focus on the types that are most beneficial to the jiu-jitsu player.

A few quick important tips when squatting: keep your feet straight and always screw them (with outward pressure) into the ground to create torque up the kinetic chain. This will stabilize your joints and keep the tension on the proper working muscles. Next, maintain vertical shins and drive your knees out when squatting to take pressure off the knees, allow for maximum depth, and maintain stability of the ankles, knees, and hips. Finally, maintain a braced, tight core, and a neutral spine throughout every repetition to protect your back, maintain stability, and transfer force.

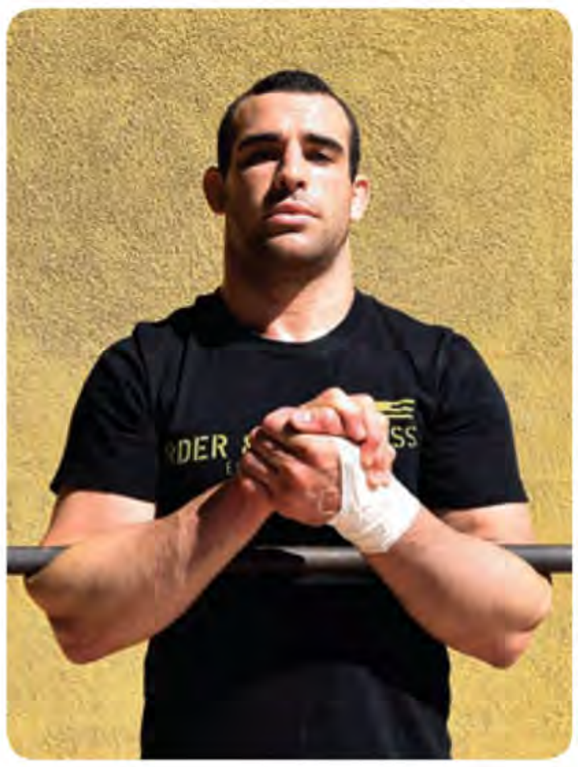
STRENGTH/ HYPERTROPHY:

If strength is your goal, there are few better options than barbell squats. Barbells allow you to use heavy loads that provide the stimulus for strength gains. When the right rep/set/weight scheme is used, barbell squats can also pack on some serious lower body muscle. There are a few things to note, however, before stepping under a loaded bar. If you haven't established a good foundation of proper technique and adequate mobility, or you suffer from chronic low back pain or knee problems, it may be best to work up to barbell squats after resolving these issues.

BACK SQUAT – Considered the granddaddy of exercises, the back squat involves placing the bar across the back and upper shoulders. This puts more demand on the posterior chain (glutes/hamstrings) than the other variations listed in this section. The position of the load generally allows more weight to be used, leading to bigger gains in strength. It is important to note that the back squat puts serious compression on the spine via the placement of the bar, so an intense contribution from the core musculature is necessary to support and stabilize the spine. This can benefit the core greatly, however, may be ill advised for those with low back and spinal issues.

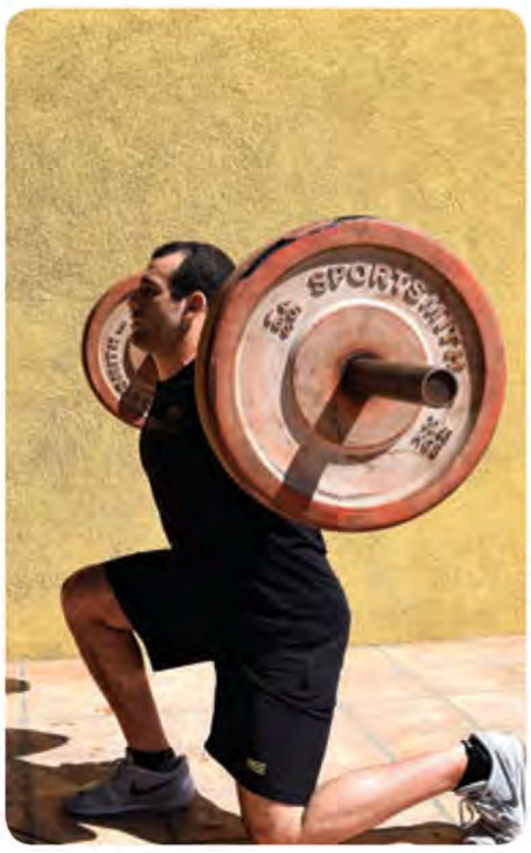
FRONT SQUAT – The front squat places the barbell across the front of the shoulders, supported by elevated elbows with either a wrists back position (pictured) or arm folded. Compared to the back squat, this variation places much more of an emphasis on the quadriceps. There is also a great stress put on the core to maintain the torso in an upright position to prevent the bar from spilling forward. Less weight can be used, due to the positioning of the bar, however, if quad strength or hypertrophy is your goal, make this one a staple in your workouts.

ZERCHER SQUAT – This is a lesser-known squat variation used by a lot of elite wrestling programs, and for good reason. The Zercher squat requires you to place a barbell in the crook of your elbows as if in a "clinch" position, which can be painful, however, as combat athletes we're accustomed to being uncomfortable. Holding the bar in this position is actually beneficial because it avoids the spinal compression of the back squat, bypasses the wrist flexibility demands of the front squat, and puts an even more serious stress on the core. This position also forges serious strength in the forearms and biceps, which is vital for securing holds and submissions. The Zercher squat forces a head-up, upright torso position that allows you to grind through reps seemingly harder, due to the lower positioning of the load, all while achieving maximum depth. If this one isn't in your arsenal, it's time to start adding in the Zercher squat.

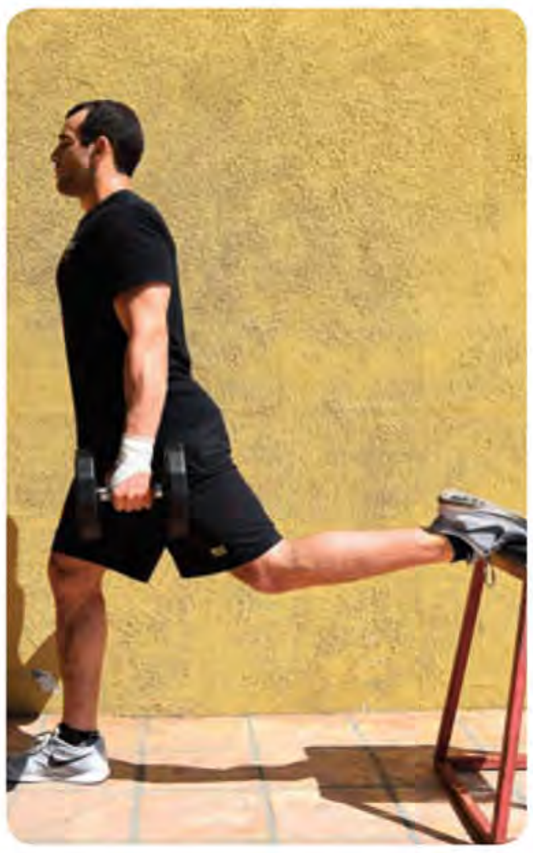


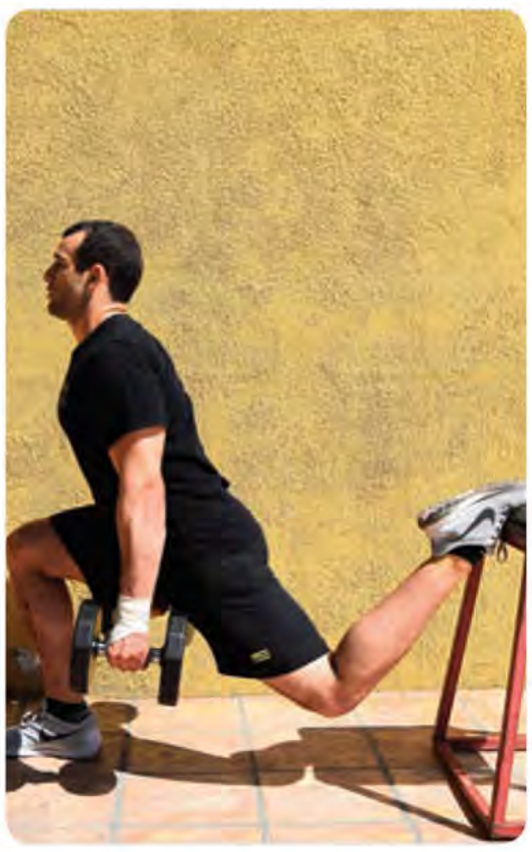
SUPPLEMENTAL SQUAT VARIATIONS FOR A VARIETY OF GOALS:

The following squat variations are typically used to supplement a foundational squat like one of the strength variations listed above. Certainly, the following exercises will make you stronger, however, they are not your best choice to build pure strength. Supplemental squat variations have their own host of benefits and should definitely be included in a grappler's training program. The following exercises not only help to build muscle, but they also work the legs individually, reducing the likelihood of strength imbalances. They also improve balance and stabilize the joints, which transfers directly to the mat. How often do you find yourself in a perfectly symmetrical squat stance during a roll anyway? These exercises also offer a great option for those who may be limited by the barbell lifts, sin e they don't load the spine, and can be done with or without weights.



SPLIT SQUATS – Split squats are an excellent choice to strengthen and build the legs individually. This movement requires you to assume a split stance position similar to a lunge. You will hold this position throughout the set without actually lunging forward and backward. This is what differentiates the split squat from the lunge. The working leg receives an intense workload because the split stance is maintained throughout the entire set, which builds strength, muscle, and stability. A barbell can be used across the upper back to load the exercise or free-weights can be held at the sides if you prefer to avoid compressing the spine.





BULGARIAN SPLIT SQUATS – This is another demanding squat variation using a split stance. The Bulgarian Split Squat assumes the same position as the regular split squat, except that the back foot is elevated. Elevating the back foot puts even more emphasis on the working leg, challenges core stability and balance, and allows for a fuller range of motion. Be sure to maintain a vertical shin throughout the exercise with an upright torso, and do not allow your knee to collapse inward at any time. Weights can be held at the sides or in the rack position at the chest for this one, or body weight alone is a great strength-endurance builder.

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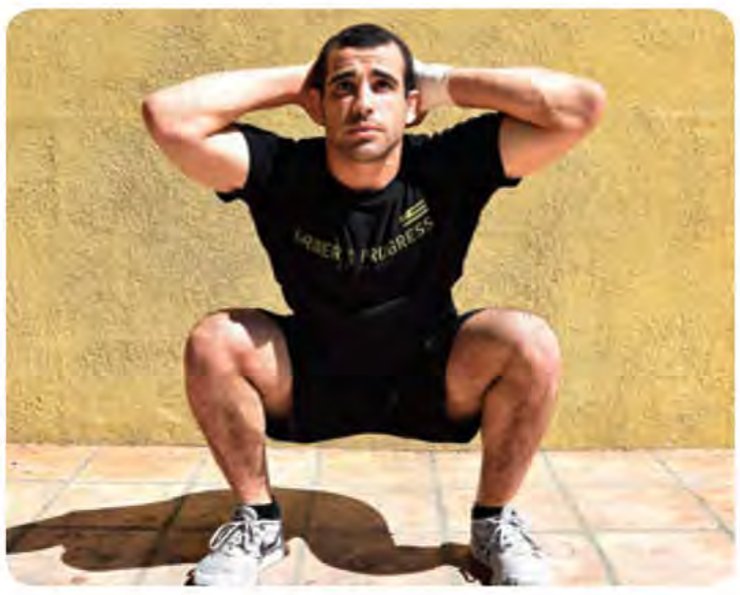
STRENGTH ENDURANCE/ CARDIO CONDITIONOING:

BODYWEIGHT – The bodyweight squat is a solid option to build strength-endurance in the legs, develop cardio conditioning, and master squat technique. Without the additional load it is also your safest option. The bodyweight squat can be used as a warm-up exercise, or to challenge your heart and stamina with high-rep sets. Aiming to achieve maximum depth, while applying all of the principles noted in the tips section above, should be your goal here, as it will strengthen your neural connections, which will translate well to your performance on the loaded lifts. You can also perform jumping bodyweight squats to improve power and cardio conditioning.



HINDU SQUATS – These are an ancient variation on the squat that has endured the test of time. Again, these are performed with no external load and typically for high repetitions. The entire body is challenged when performed using the arms. This includes the quads, calves, glutes, core, shoulders and back. Hindu squats also have a unique way of taxing the muscles just above the knee, which will help strengthen and stabilize this area, preventing future injuries. These can be used in a circuit or as a finisher. They will challenge the whole body, heart and lungs, and encourage stamina and mental toughness.

Strength Goal:

Back Squat
5X4 (Heavy load)
Bulgarian Split Squat
3X5 (Heavy load)

CORE WORK
Finisher
Swings 2X50

Hypertrophy Goal:

Front Squat
4X8 (Moderate load)
Split Squat
3X10ea (Moderate load)

CORE WORK
Finisher
Jump Squats 3X12

Strength Endurance Goal:

Zercher Squat
2X20 (Light Load)
Bulgarian Split Squat
2x15 (No load)

Finishing Circuit

THREE ROUNDS OF:
30 Hindu Squats
20 Push Ups
8 Pull Ups
20 Plank Reach
15 Swings

PROGRAMMING

I'm sure you're wondering how to incorporate all of these exercises into your training program. Obviously, you don't want to perform all of these options during the same workout, or even in the same week. If you're training jiu-jitsu frequently throughout the week, overloading on intense exercises like squats is a sure way to over-train. If certain exercises cause you pain, seek the help of a trainer to correct your form, or choose another variation. As a general rule, the barbell exercises are your best option to build strength, and 3-5 sets of 3-5 reps with heavy loads will lead to the biggest gains in strength. To build muscle, the barbell and supplemental split stance exercises are great options with submaximal loads and high volume. Three to six sets of 6-12 reps will work best if building muscle is your goal. Finally, to develop strength-endurance, aim for any of the listed squat variations with low loads, shooting for rep sets at 15 and above. The bodyweight and Hindu squats are good choices for sets of 50-100, since form starts to deteriorate as fatigue sets in, so these unloaded variations will help to minimize injury. *jjm*

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GARY ROSE

EVEN WITH A BLACK BELT IN JUDO, GARY ROSE FOUND THAT HIS 250 LB FRAME DIDN'T HAVE WHAT IT TOOK TO COMPETE WITH THE MOST INEXPERIENCED WHITE BELT ONCE THE FIGHT GOT TO THE GROUND. At that point he fully embraced jiu-jitsu in every aspect of his life and has since cut his total body weight by 20% making him a more well rounded grappler, and happier in life.

Age: 25 | **Height:** 5' 9"
Starting Weight: 250 lbs | **Current Weight:** 200 lbs
Hometown: Muskegon, Michigan
Home School: Island Jiu-Jitsu Michigan
Instructor: Jason Vigil and Nick Jones

How did you discover jiu-jitsu?

It all started with my brother and dad watching Chuck Liddell fights. I thought it was stupid until I spent a summer at a Christian youth camp. When I was there, at night the guys would push the beds back and make like a fighter circle with the mattresses. This was my first time actually trying to grapple. After getting my butt kicked over and over I feel in love with grappling. That was 2005. I didn't revisit it until 2007 in college. I started judo in 2007 at Muskegon Community College and met a black belt named Andy Charron. He got me interested in more ground fighting as the judo was so throw heavy. I practiced with Andy until 2013 obtaining a blue belt in Gracie Combatives. We ran into some bumps with the gym we where working out of and the program got disbanded, so I ended up finding Island Jiu-Jitsu Michigan, a local jiu-jitsu gym on the other side of town. I decided to join. Since they where very much competition driven, I figured I would do myself the favor of becoming a white belt again and learning from the beginning. This has proven to be one of my best decisions, since I truly feel my basics are much stronger! Now I am a blue belt and competing regularly and taking many medals at tournaments. I have yet to not podium at a tournament!

What motivates you to train?

My weight loss, and making my newborn son proud along with my wife. I am a bit of a medal chaser. I want to be the best, regardless of skill or rank. Plus the support of my beuatiful wife Jean Rose and our baby boy G4 and all my family and friends.

Knowing they support me gives me plenty of motivation.

What else do you do for physical fitness?

Power lift, pl y backyard football with my four brothers, paddleboard on Lake Michigan, kayak, canoe.

How have you changed your diet?

A lot more protein (Q5 supplements), a lot of salad, chicken, more fat (sounds weird, but my nutritionist convinced me fat doesn't make you fat), and less carbs. I eat carbs for my hard workouts and that's really about it.

What's been the biggest challenge so far?

Biggest challenge for me was towards the beginning of my competition training, I was the only guy (being that I was 250 lbs) that could not invert or flow roll. I was big and clunky. This made even the most inexperienced white belt seem unbeatable to me. So, I had to shuck aside the thought of "losing" and just train. Having a black belt in judo and getting subbed by white belts can damage your ego, but you gotta set that aside!

What's been the best benefit from the changes you've made?

My energy and motivation for sure! I was teaching judo when weighing 250 lbs. So for me it was all watching and really no practicing. This pushed me to be very inactive in everything, which is why I weighed so much. So, now I am a runner, weightlifter, grappler, and just an overall happier person.

What advice would you give to someone else looking to make the same sort of change?

No ego, no holding back! Jiu-jitsu is for everyone regardless of your walk of life. The hardest part is walking through the front door of the local academy for the first time. Just do it and jiu-jitsu will change your life! JJM

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